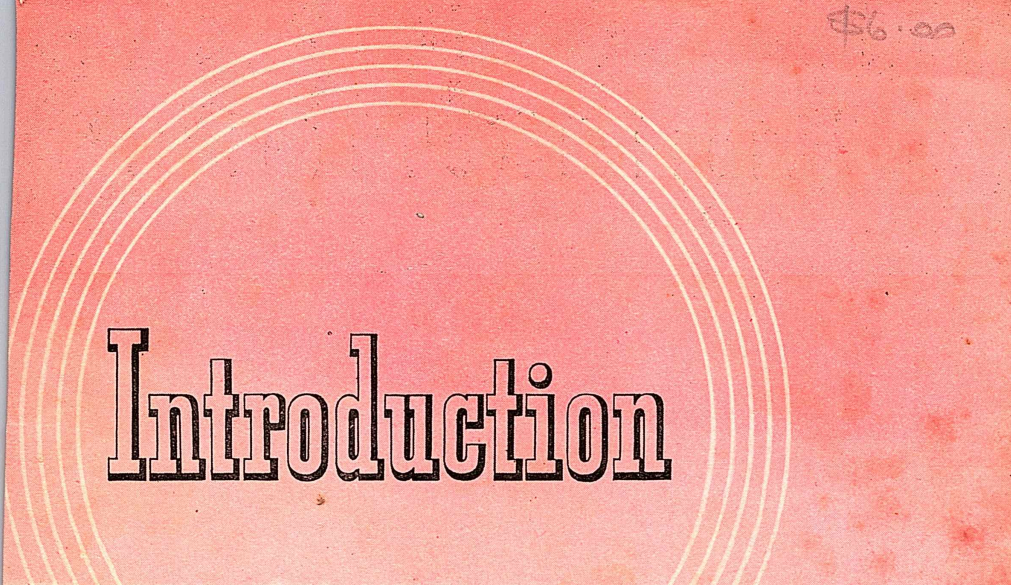




ATLAS COOKERY BOOK





\$6.00

Introduction

WHEN you enjoy cooking with your ATLAS Range, the natural ambition is to achieve the most gratifying results.

To add to your pleasure, Messrs. Scott Bros. Ltd., manufacturers of the ATLAS present you with this modern cookery book.

All the various recipes, electric cooking hints, and other information have been gathered after extensive and careful research. No cookery book could be more comprehensive.

May you, therefore, always have this book at hand and from its pages find a wealth of cooking data for every season of the year.

SCOTT BROS. LIMITED

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FIRST EDITION 1949



DIRECTIONS

FOR USING THE ATLAS ELECTRIC RANGE—Models B, K and L

YOUR ATLAS electric range, when new, is the acme of brightness and cleanliness. These features cannot be lost except by neglect over a period. The entire body of the range, both inside and out, is constructed of heavy gauge sheet steel and cast iron, and is porcelain enamelled to prevent rust and corrosion; to give its gleaming appearance and to assist you in keeping it as an appliance in the kitchen of which you may indeed be proud. Contrary to the belief of many, porcelain enamel is not paint, but glass, finely ground, and fused on to the parent metal at extremely high temperatures. If this fact is borne in mind and if treated with reasonable care the lustrous porcelain enamel finish on your range will last for many years.

In common with all electrical and mechanical appliances the range will eventually require repairs and adjustments. When this time arrives we suggest you call in your local ATLAS dealer and insist that only genuine ATLAS parts are used.

In all correspondence regarding this range be sure to quote the type and serial number as shown on the name plate.

Use and Care of the Hotplates

1. The top is fitted with two or more hotplates of different wattages, each controlled by a separate three-heat switch and fuse.
2. The right-hand front plate is the fastest heating hotplate and should be used when quick heating is required. The lower wattage plates should be used when a gentle heat is required for a considerable period of time.
3. A grill-boiler element if fitted to the range is incorporated primarily for the purpose of grilling or toasting, these operations being carried out on

the underside. The element is not designed as a fast boiling plate, but the heat from the top should be made use of for cooking when grilling or toasting is being done. It is not economical to use it as a boiling plate only.

4. When using a hotplate for boiling, turn the switch to HIGH until the contents of the pot are almost boiling, then turn the switch to LOW or OFF, depending on the cooking time required. Remember the heat stored in the hotplate will keep the pot hot for a considerable time. This saves power, prevents boil overs and prolongs the life of the element.
5. When possible use two or three pans on one hotplate. Three-cornered pans are ideal for this purpose.
6. For speed, economy, and longer life of the elements use perfectly flat-bottomed utensils—preferably with machined bases. A buckled pot will take three or four times as long to boil as a good one, with consequent waste of power and

will definitely shorten the life of the element.

7. An asbestos mat must never be used on a hotplate.
8. Make a habit of cleaning the cooking top with a damp cloth after each meal.
9. Milk and fruit juices should be wiped off immediately as they will remove the lustre of the enamel.
10. After use rub the hotplates with mutton fat or machine oil to prevent rusting. This is particularly important with a new range. After some time the surface of the plates will take on a glaze which will prevent rusting.
11. Do not use sand-soap, acid or any scouring compounds on the enamel. Do not slide utensils across the top of the range as this may damage or mark the enamelled surface.
12. Remove the drip tray, if one is fitted to your particular model, and wipe out the boilovers as often as may be necessary.
13. Turn off the main switch before cleaning around the hotplates. Remember to put it on again when finished.

Use and Care of the Oven

The oven of your range is practically a closed box with a hinged door. The space between the inner and outer shells is packed with a thick, non-deteriorating, indestructible layer of insulating material and the heat from the elements is thus carefully conserved. The only opening is a small vent which

should at all times be kept perfectly clear and unobstructed. The heat is supplied by two elements, one at the top and one at the bottom of the oven, each controlled by a three-heat switch and fuse.

A thermometer is fitted in the oven door to guard the range and guide the user.

The following points are given to assist you in obtaining the maximum efficiency and satisfaction in the use of your ATLAS oven.

1. Before using a new oven turn both elements to HIGH until oven reaches a temperature of about 400°. This will destroy any grease or loose ends of packing which may have accumulated in the oven during transport or storage and which might impart unpleasant flavours to the food being processed.
2. It should be remembered that any heat-producing equipment is, of necessity, capable of being overheated. The oven will stand 600° but there is nothing that ever needs a temperature as high as this in baking. If the oven is allowed to become overheated the thermometer may be destroyed and the surface of the enamel damaged.
3. Plan your meals to make full use of the oven so that no stored heat is wasted.
4. Whole meals may be successfully cooked in the oven at one time. See page 19 for instructions.
5. Remember the cooking temperature and time given on the chart are a guide only. Individual thermometers vary slightly and individual methods of cooking vary greatly. By trial vary the temperature 50° or more as required to obtain good results and correct the figures given on the chart.
6. Do not open the oven door needlessly when baking. A combination of temperature, time and your good judgment make it unnecessary.
7. Before placing cakes, biscuits, buns, etc. in the oven turn the switches to the bake position (i.e. top "off" bottom "low" or both "low" as indicated on chart) for at least *one minute* to allow the heat to equalise. The temperature will continue to rise 50° or so as the heat penetrates the door lining to the thermometer.
8. To obtain the best results when baking always use cake tins, etc., having dull surfaces. Such utensils having highly polished surfaces are not satisfactory.
9. Do not keep food in the oven when the range is not in use. It is intended for cooking food, not storing it.
10. Wipe out the oven with a damp cloth after use.
11. The sump tray over the bottom element may be removed for easy cleaning in the sink. First turn off the range and wall switch, raise the back edge of sump about half an inch and pull forward.
12. Periodically it is advisable to remove both oven elements in order to give the oven a thorough scour out. This may be done easily and safely by removing the sump as described above and pulling each element forward.

13. Make no attempt to clean the elements themselves. Always see that the elements are refitted in their correct position, pushed right in, and the sump replaced in position.
14. When the wall switch has been turned off for the purpose of cleaning the oven or hotplates remember to turn it on again before attempting to use the range.
15. If very dirty, the oven lining and inner door panel may be cleaned with the aid of a caustic cleaning compound, such as ATLAS, CLEAN-OFF or ATAMAX.

Utility Socket

A 3-pin utility socket suitable for appliances such as jugs, toasters, irons, etc., is provided on every standard type ATLAS Electric Range having a fixed installation.

On most models this socket is not controlled by a switch and operates instantly an appliance is connected, but in all models where a socket is fitted it is protected by a fuse.

To insure its maximum life and efficiency it is most important that the terminal pins of the plug tops affixed to appliance cords fit correctly. Loose or ill-fitting plug tops can cause much inconvenience.

THE ATLAS RANGETTE

THE Rangette is a well insulated, compact, miniature range, suitable for small households. Like the full-sized ATLAS ranges, the exterior is finished in cream porcelain, the oven in mottled enamel and is consequently, easily kept clean.

There are two elements, one on top used as a hotplate which also forms the top oven element and one in the oven bottom. The underside of the hotplate is used for grilling. The same general remarks regarding the use and care of the Model K Range apply also to the rangette.

The Hotplate

The hotplate has a rectangular coverplate large enough to take three medium saucepans at once. Leave the baffle plate directly under the element when cooking on top only. This reflects the heat upwards.

To cook Pikelets, turn the switch to "high" for 5 minutes and then turn "low". Grease the hotplate and drop the mixture directly onto it.

The Oven

Remove the baffle plate to allow the heat to come down into the oven, turn both switches to "high" until the required temperature is reached, then turn to the "bake" position. The centre of the oven is the best position for most baking. On no account should food be cooked on the baffle plate. If used as a tray its surface will be damaged and the food improperly cooked. General directions for baking by electricity are followed.

ATLAS FUEL RANGES

ALTHOUGH other methods of cooking have received their measure of publicity in recent years there remains a steady demand for fuel ranges and it is felt that the following general directions for their use will be helpful to users who cook by this means.

The Type A ATLAS range incorporates all the most modern features in fuel range construction, is efficient, economical, and durable. It is fitted with a boiler, designed to give a quick and plentiful supply of hot water, and is attractively finished in porcelain enamel to harmonize with the very latest in kitchen colour schemes.

The recipes given in this book will give excellent results when cooked in a fuel range and the temperatures given as a guide will be found satisfactory.

Installation

If the existing chimney arch will allow, it is usual to set the range up on one course of bricks so that the cooking top will be at a convenient height from the floor. It is important that the flue-pipe and register sheet be carefully fitted and securely held down to completely seal off all openings which could allow air to enter the chimney. There must be no other flues or ventilation pipes connected into the chimney from the range or any overhanging brickwork close to the flue-pipe outlet. The joint between the lower end of the flue-pipe and the range must be sealed. All joints including those where the front and top of the range meet the chimney walls must be made completely airtight. The joints may be tested with a lighted candle, and if any leaks are found they should be sealed with fire cement or painter's putty. It is advisable to again check for air leaks after the range has been

in use for a few days. The top hot-water pipe from the boiler must rise slightly from the boiler to the hot-water cylinder to prevent steam and air locks. Before fitting range into chimney recess make certain that all skirting or coving straps have been screwed to the hotplate.

Operating Instructions

The fire box is designed to burn almost any type of fuel, but for quick heating and baking it is necessary to use a good quality coal and maintain a good fire by adding small quantities of fuel at regular intervals. To draw the fire up quickly the oven damper-operating lever, just above the oven door, should be pulled out as far as possible and the flue-pipe damper knob turned to a vertical position. The air slide in the ashpit door should be fully open and the *fire door closed*.

For ordinary cooking the oven damper control should be pushed *right in* and the oven temperature controlled by adjusting the air slide and the flue-pipe damper. This will also control the rate of fuel consumption. If the oven is too hot the temperature may be reduced by pulling out the oven damper control.

When adding fuel to the range, open the flue-pipe damper and pull out the oven damper control, as this will prevent smoke and fumes escaping into the room. Return the dampers to normal position when the cover has been replaced.

The centre portion of the grate will tip down at the rear to empty ashes into the ash pan.

Cleaning

It is important for economical efficient operation to keep the flues around the oven clean. The soot should be brushed from the outer surfaces of the oven lining with a flue brush. The flue-pipe cleaning door should be removed and the brush used both up and down the pipe. The flue-pipe damper should be in the closed position when raking soot from underneath the oven. The porcelain enamelled parts of the range should be cleaned by using such cleaners as "Chemico" when the range is almost cold. Any spilt fruit juices, milk, etc., should be removed immediately from the enamelled

exterior of the range as they may cause staining of the surface. It is desirable to wash out the oven occasionally with a weak caustic-type cleaner.

Replacement Parts

When ordering replacements it is important that the pattern number cast on the part, or a detailed description including model, sizes, etc., be furnished with the order.

Other ATLAS Products

Other high class products include our CAMP and UNIQUE portable fuel ranges which are ideal for installation in camps, whares, weekend baches and cottages. They are strongly constructed, economical and will burn either wood or coal with excellent results.

For water heating purposes in the private home or small boarding house our ACME and ACME JNR. domestic water heating boilers (incinerators or destructors) will give excellent results. They are attractively finished in porcelain enamel and can be installed in conjunction with an electric range to make an efficient unit of pleasing appearance. Apart from their use as water heaters they provide warmth in the modern kitchen taking the place of radiators, etc.

THE ATLAS RANGE

OUR STORY



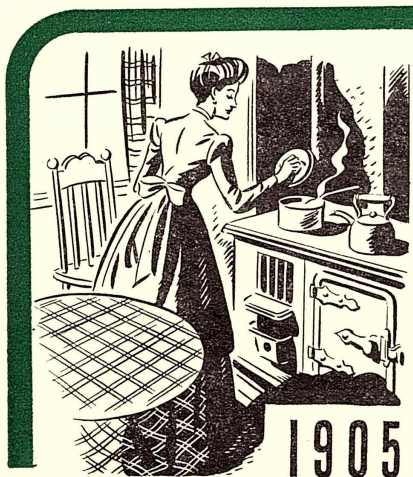
ALTHOUGH countless thousands of housewives throughout the Dominion have experienced the sheer joy and satisfaction of using an ATLAS Electric Range, it is almost certain that few know of the amazing and impressive record of outstanding achievements the makers of their range—(Scott Brothers Limited), have to their credit over a period of nearly eighty years—factors which have contributed in large measure towards making ATLAS the pre-eminent electric range on the market to-day.

When you have read this brief outline of the Company's history you will, we believe, appreciate something of the tremendous impact the firm has made upon the life of our community for more



than three-quarters of a century; a service for which we claim we can be justly proud.

It was in the year 1870 that the Scott brothers—John Lee and George, arrived at Lyttelton. Both were highly skilled patternmakers and engineers, having served their apprenticeship at the Atlas Engineering Works, Derby, England, from which association the Atlas Works in Christchurch and subsequently the ATLAS Electric Range and other products derived their name. For a short period the two brothers were engaged in the erection of cottages, but they early felt the clamant urge to return to their own craft—that of engineering, and so having purchased a foundry business in Christchurch they induced two other brothers,





Moses and William, also capable engineers, to leave England and join them here. From the very outset the brothers were keen and progressive in their business outlook, one practical result of which was that soon after starting up in business they were successful in obtaining a Government contract for metal castings in large quantities.

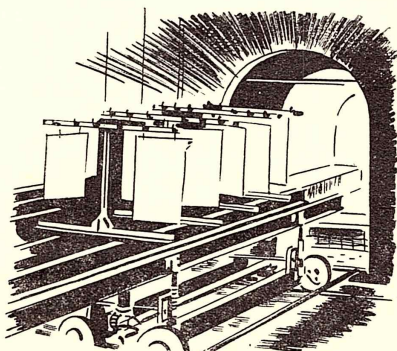
The original foundry was situated in Durham Street, Christchurch but in the year 1876 a section of one acre was purchased in Manchester Street, the present location of the Atlas Works, and later, as business grew apace, additional land was secured. To-day, these modern Works cover an area of two and a half acres.

Away back in the "seventies", Scott Brothers were already pioneering many engineering lines required for the varying needs of the early colonists. These included the manufacture of steam engines, seed strippers, Cambridge rollers and windmills as well as other agricultural implements. Then in

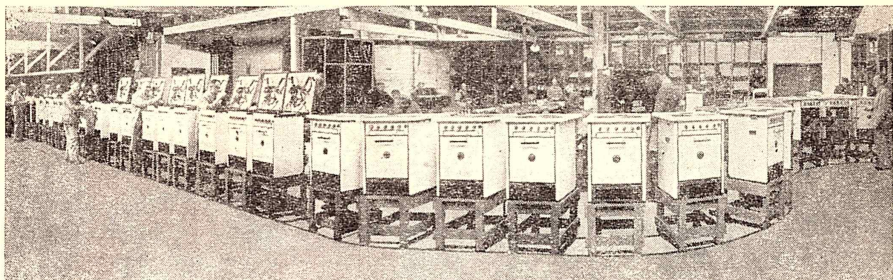
1882 they made history by securing an order from the Government for the manufacture of ten railway locomotives which in those far-off days was a very big contract to undertake. Incidentally, these gave outstanding service on the New Zealand Railways over a long period of years.

Later, the firm built and erected some of the then biggest bridges in the country, built and erected water towers and carried out numerous kindred undertakings of an engineering nature. To give some idea of the versatility of the firm it might be mentioned in passing, that, at different periods in its history, it has manufactured lines using water, steam, gas, coal and electricity as their source of heat or power: notably water turbines, steam engines, steam cooking equipment, gas producers, coal ranges and electric ranges as well as numerous other domestic cooking and heating appliances.

The manufacture of ranges was pioneered by Scott Brothers in the late "seventies". These, of course, were fuel ranges and countless thousands were built into homes throughout the length and breadth of New Zealand. Further, many



Range sides leaving the enamel furnace.



Electric range assembly line.

fuel ranges up to eighteen feet in length were built and installed in hotels and restaurants. These ranges gained numerous awards in Exhibitions and Shows throughout the country and many of them gave excellent service for fifty years or more, as thousands of housewives could testify.

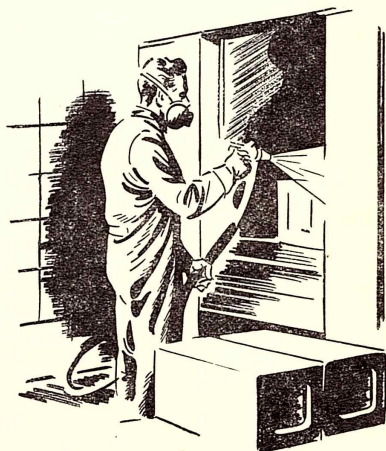
It can readily be understood, therefore, that having pioneered the manufacture of fuel ranges in this country, it was merely a logical sequence that Scott Brothers should embark upon the production of electric ranges, especially as the firm had already gained considerable experience with electricity at a time when little was known about electric power in New Zealand.

In 1906, for instance, Scott Brothers generated the current for lighting the New Zealand International Exhibition held in Christchurch, from a plant entirely built by them, and very early, reticulated the town of Timaru for electricity and for many years generated the necessary current for lighting and power. This was long before the days of hydro-electric schemes as we know them to-day.

Later, as the country gradually became reticulated with electric

power there was inevitably a tremendous demand for modern electric cooking equipment to supersede the old-type fuel stove and so in 1931 Scott Brothers Limited embarked on the production of electric ranges. The change-over necessary for this vast undertaking proved a huge enterprise and involved extensions to buildings and plant to enable the ranges to be mass-produced.

A porcelain-enamelling plant—amongst the first in New Zealand—was installed and this enabled the firm to enter a further field, which, at that time, included porcelain-enamelled baths, kitchen sinks, enamelled street signs, etc.



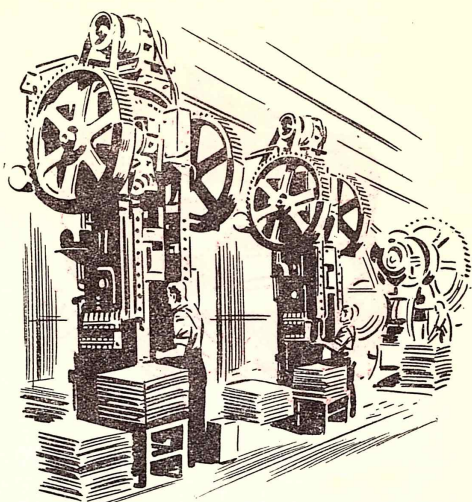
Spraying final coat of porcelain enamel.

Since then the electric range business has grown by leaps and bounds until to-day the firm has a staff of over three hundred employees. At the time of going to press over 79,000 ATLAS Electric Ranges have been installed.

Through the war years of 1939 to 1945 the Company was actively engaged in the production of munitions including grenades, 2in. mortar bomb bodies, ammunition boxes, enamelled drinking mugs, etc. The total of these amounted to many millions of pieces.

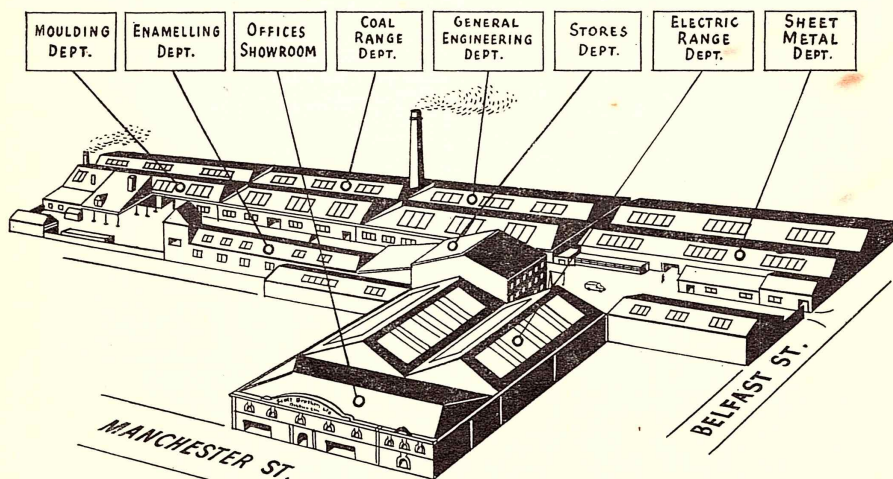
The third generation of Scott Brothers is now managing and directing the progress of the business with the same zeal and enthusiasm which was so evident in their forebears.

Much thoughtful planning and technical knowledge born of long years of experience has gone into the design and manufacture of ATLAS Electric Ranges and this has been a vital factor in maintaining consistency of quality and the utmost in efficiency.



Processes used to form range parts.

So to-day, when you express pleasure in your ATLAS you are voicing your approval of a range that is the ultimate creation of a deep sense of responsibility not only to the housewives of New Zealand, but also to those pioneers who eighty years ago, set out with high traditions, enterprise and foresight—to produce nothing but the best.



View of ATLAS Works.



SOUPS



When making stock for a soup base, use cold water with raw meat and bones and use hot water with cooked meat, e.g. fowl carcass. Allow one quart of water to one pound of flesh and bones. Long, slow cooking is needed to draw all the flavour from the meat. Keep the lid on the saucepan to retain the flavour.

Make the stock the day before the soup is required, stand overnight and remove the fat when cold. Serve fried croutons or sippets with thick soups. These are made by frying small cubes of bread in hot fat until brown on all sides. Serve wafers of toasted or baked bread with clear soups.

RUSSIAN SOUP

1 lb. blade steak
2 onions (chopped)
2 beetroot (chopped)

1 tablespoon vinegar
2 lb. tomatoes
 $\frac{1}{2}$ head of cabbage

Place all but the cabbage in a saucepan with 3 pints of water and seasoning. Cook slowly for 2 hours. Add the shredded cabbage and cook $\frac{1}{2}$ hour. Remove the meat and serve with a spoonful of cream to each plate.

CREAM SOUPS

2 cups milk
salt and pepper

4 level tablespoons flour
4 level tablespoons butter

Boil the fat and flour. Add a little milk. Bring to the boil. Gradually use up all the milk in this way. Season and add any of the following

Onion soup: 2 finely-chopped onions boiled in 2 cups water.

Tomato soup: 2 cups stewed, sieved tomatoes and a pinch of soda.

Celery soup: $1\frac{1}{2}$ cups chopped celery and $\frac{1}{2}$ cup chopped onion cooked in 2 cups water.

Carrot soup: $1\frac{1}{2}$ cups grated carrot cooked in 2 cups water.

FAMILY SOUPS

Cover sixpence worth of meat bones and a small piece of calf's liver with water. Add $\frac{3}{4}$ cup washed barley, 2 chopped onions, $\frac{1}{2}$ swede and 2 or 3 carrots grated, green cabbage leaves and celery tops. Season and cook slowly 2 hours. Lift out the meat, cabbage and celery. Remove the fat when cold and reheat when necessary.



FISH SOUP

Put fish heads, bones and skin in a pan with a sliced onion, 4 pepper-corns, a pinch of mace, and a thin paring of lemon rind. Season and add water to barely cover. Boil slowly for $\frac{1}{2}$ to 1 hour. Strain and add $1\frac{1}{2}$ cups milk. Thicken a little with cornflour paste. Raw oysters and their liquor may be added just before serving if an oyster soup is required.

MACARONI SOUP

- | | |
|----------------------------|-----------------|
| 1 carrot | 2 onions |
| $\frac{1}{2}$ swede | 1 apple |
| 2 potatoes | 1 piece pumpkin |
| $\frac{1}{2}$ cup macaroni | 4 cups milk |

Grate the vegetables on the coarse grater, add macaroni, seasoning and water to cover. Boil slowly for 2 hours. Add the milk, reheat and thicken with a little flour made into a paste with cold water.

PEA SOUP

- | | |
|-------------------------|---------------------------|
| 1 cup split peas | 6 cups water |
| bacon rinds | 1 onion |
| 2 level tablespoons fat | 2 level tablespoons flour |

Soak the peas overnight in water to more than cover. The next day, drain and add 6 cups fresh water, rinds or a piece of ham bone and seasoning. Less salt is needed if the ham is salty. Cook slowly until the peas are soft. Fry the sliced onion in hot fat until a light brown. Stir in the flour. Add this paste to the soup. Boil a further $\frac{1}{2}$ hour.

SCOTCH BROTH

- | | |
|------------------------|----------------------|
| 2 lb. scrag end mutton | 2 oz. pearl barley |
| 2 stalks celery | $\frac{1}{2}$ turnip |
| 1 grated carrot | 2 teaspoons parsley |
| 4 pints water | salt |
| 1 onion | |

Remove the fat from the meat. Cut into pieces. Add the grated or finely-chopped vegetables, water and seasoning. Simmer for 3 hours. Remove the meat, add the chopped parsley and serve.

VEGETABLE SOUP

- | | |
|----------------|-----------------------------|
| 1 onion | $2\frac{1}{2}$ lb. tomatoes |
| 1 carrot | 2 or 3 cloves |
| 1 stalk celery | chopped parsley |

Chop the vegetables into small pieces. Fry the onion, carrot and celery in 1 oz. hot fat until a pale brown. Add the sliced tomatoes, 2 pints of water and seasoning. Boil until soft. Put through a sieve. Reheat and thicken with a little flour and water paste if necessary. Any vegetables may be used. A potato with the peel left on is a good addition, also an apple is sometimes used.

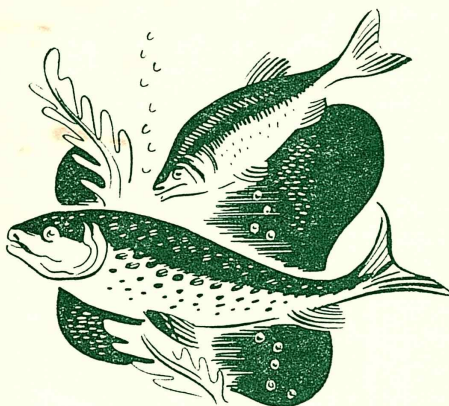


VICTORIA SOUP

1 lb. knuckle veal
1 carrot
1 onion
1 pint milk
1 teaspoon salt

1 quart water
6 peppercorns
pinch of mace
 $\frac{1}{2}$ lb. barley

Simmer the veal, vegetables roughly-chopped, barley and seasoning in the water for 2 to 3 hours. Strain and leave overnight. Remove the fat. Add the milk and reheat.



FISH

On the whole, fish is delicately flavoured and any accompaniments should enhance rather than mask this flavour. A sharp sauce flavoured with lemon, vinegar or mustard is suitable to serve with fish although some prefer plain lemon juice or vinegar. Grated onion, horseradish, mace, nutmeg, tomato, cheese, and anchovy in

small quantities make good accompaniments.

When buying fish choose one with firm flesh, red gills and clear, full eyes.

To clean fish, place on paper, hold by the tail with a cloth and scrape towards the head with a knife held on the slant to remove the scales. Use scissors to cut off the tail and fins. Slit open from the vent to the head, remove the inside and wipe out with a damp cloth. If the fish is to be cooked with the head on remove the eyes.

FRIED FISH

Prepare the fish and cut into suitable pieces. Roll in seasoned flour or dip in beaten egg and then in breadcrumbs or dip in batter and fry immediately.

Deep fat: Use a deep pan half full of fat. When a faint blue smoke rises from the fat carefully drop in the fish. When cooked remove onto paper to drain. If the fat is too hot the fish will brown too much before the fish is cooked. If not hot enough the fat is absorbed and the fish is greasy instead of crisp.

Shallow fat: This is done in the frying pan and the same rules apply about the heat of the fat, when browned on one side turn and brown the other side.



BAKED FISH

Brush the prepared fish with butter or dripping, sprinkle with salt and pepper and lay in a greased dish. Bake in the oven at 400° for 15 minutes for a small fish and up to 40 minutes for a big piece. Baste frequently with the liquor in the dish and serve this liquor as a sauce. Dry fish may be baked in milk. Bacon rashers cooked with the fish adds to the flavour.

BOILED FISH

Put the prepared fish into boiling salted water to cover. A little vinegar, onion and peppercorns added to the water is an improvement. Cook until the flesh leaves the bone. The time varies from 10 to 20 minutes per pound. Drain the fish and serve with a parsley sauce made with half milk and half fish-water. The remainder of the water may be made into a fish soup for next day.

CRAYFISH PIE

- | | |
|--------------------------------|---------------------------|
| $\frac{1}{2}$ pint milk | 2 level tablespoons fat |
| 1 teaspoon sugar | 2 level tablespoons flour |
| $\frac{1}{2}$ teaspoon mustard | 1 tablespoon vinegar |

Make a sauce with the fat, flour and milk. Add other ingredients. Using a sharp knife cut down the centre of the tail of the crayfish. Remove the soft tube running down the centre. Cut up the flesh and add the flesh from the biggest claws. Place in a dish, cover with the sauce (seasoned) and sprinkle with breadcrumbs and pieces of butter. Bake at 400° for 20 to 30 minutes.

CRUMBED SCALLOPS

Remove the fish from the shell, cut away the dark part, dip in egg and roll in breadcrumbs. These can be baked in the oven at 400° for 10 to 15 minutes or may be fried in hot fat. Serve with slices of lemon. The hollow, fluted side of the shell may be scrubbed and used as a dish. Fill with chopped fish, cover with white sauce and breadcrumbs and bake in the oven at 400° for 15 to 20 minutes.

FISH CAKES

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|---------------------|---------------------------|
| 1 cup cooked fish | 1 egg |
| 1 cup cooked potato | 1 level tablespoon butter |

Mash the potato, remove skin and bones and flake the fish. Season and add the melted butter. Bind with the beaten egg. Shape into flat cakes or rissoles. Fry on both sides in hot fat. Serve with slices of lemon.

GRILLED FISH

Dry the pieces of fish, brush with melted butter and place on a butter paper. Slip onto the grilling rack and place under the hot element. When cooked on one side, season and turn over onto another butter paper and put back under the element until cooked.



KEDGEREE

- | | |
|-------------------|-------------------------------|
| 1 cup cooked rice | $\frac{1}{2}$ lb. cooked fish |
| 1 egg | $1\frac{1}{2}$ oz. butter |
| 1 hard-boiled egg | seasoning |

Melt the butter in a saucepan, add the flaked fish, free of bones, rice, chopped egg white and beaten egg. Stir on the element until thoroughly heated. Serve on toast or fried bread and decorate with chopped egg yolk. Smoked fish makes a good kedgerree.

FISH PUDDING

- | | |
|------------------------|---------------------------|
| 6 oz. cooked fish | 1 egg |
| 1 oz. breadcrumbs | 1 level tablespoon butter |
| $\frac{1}{2}$ cup milk | salt and pepper |

Flake the fish after removing skin and bones. Add the crumbs and milk. Beat the egg and with the melted butter and seasoning fold into the fish mixture. Place in a buttered basin. Tie grease-proof paper over the basin. Stand in a pan in a little boiling water with the lid on and steam for $\frac{3}{4}$ hour to 1 hour.

SMOKED FISH CASSEROLE

- | | |
|---------------------------------|-----------------|
| $\frac{1}{2}$ lb. smoked fish | 1 medium potato |
| $1\frac{1}{2}$ cups white sauce | chopped parsley |
| salt and pepper | pinch of nutmeg |

Skin, bone and flake the cooked fish. Place in a piedish. Grate the raw potato on the coarse grater and add with the parsley, nutmeg and seasoning to the white sauce. Arrange sliced tomato and bacon on top. Bake at 400° for 20-30 minutes.

OYSTER CHOWDER

- | | |
|----------------|-------------------|
| 1 rasher bacon | 1 onion |
| 1 doz. oysters | 4 medium potatoes |
| milk and water | seasoning |

Cut the bacon in small pieces, place in a pan and heat until the fat runs. Add the chopped onion and cook 10 minutes slowly with the lid on. Do not brown. Add sliced raw potatoes and oyster beads and enough milk and water to half cover. Season and cook slowly on the simmering element for 1 hour. Add a little cream or top milk and the rest of the oysters. Reheat but do not boil. Serve in bowls.

SALMON LOAF

- | | |
|-----------------|------------------------|
| 1 cup salmon | 1 cup breadcrumbs |
| 2 eggs | $\frac{1}{2}$ cup milk |
| 1 teaspoon salt | 1 teaspoon lemon juice |

Mash the fish, add the beaten eggs and other ingredients. Place in a greased loaf tin and bake at 400° for 30 minutes. Serve hot with parsley sauce or lemon juice or serve cold with salad.



SAVOURY OYSTERS

Place oysters and liquor in a flat dish. Sprinkle with cracker or bread-crumbs. Add seasoning, 2 or 3 tablespoons cream or top milk and 1 tablespoon sherry. Put under the griller or in a hot oven until heated and the oysters plump. Do not boil. Serve at once with lemon juice.

SMOKED FISH

Wipe the fish with a damp cloth. Barely cover with water or milk and water. Season and simmer for 10 minutes. Drain, cut into neat pieces and serve with egg sauce using the fish-water and milk to make it.

SOLE À LA MELBA

Clean the fish but leave the head on. Using a sharp knife cut down the centre back. Cut the flesh from the bones making a pocket from the backbone out to the fins. Do this on both sides and it is ready for stuffing.

1 oz. butter	1 hard-boiled egg
1 oz. cheese	$\frac{1}{4}$ teaspoon anchovy sauce
pinch of mace	1 teaspoon parsley

Grate the cheese, and add the chopped parsley, egg, melted butter and seasonings. Fill the pockets not too tightly, and press the edges together. Brush with melted butter and sprinkle with crumbs. Arrange thin slices of onion and tomato, overlapping alternately down the back. Cook on the dish on which it can be served at 400° for 20 to 30 minutes. Serve surrounded with pieces of lemon and parsley.

SOUSED TROUT OR EELS

1 trout or eel	1 cup vinegar
2 cloves	1 cup water
8 peppercorns	$\frac{1}{2}$ onion
$\frac{1}{4}$ teaspoon spice	salt

Prepare the fish and cut in thick pieces. Arrange in a casserole and cover with above ingredients. Bake 3 or 4 hours 350°. Serve cold with salad. Suitable for trout, eels, herrings.

STUFFED TROUT

2 cups breadcrumbs	1 teaspoon parsley
2 oz. butter	$\frac{1}{2}$ teaspoon grated onion
seasoning	1 teaspoon mint

Clean and wash trout. Wrap in mint overnight. Stuff with the above using any stuffing left to pack round the fish in the dish. Bake in a covered pan or cover with butter paper at 350° for $\frac{3}{4}$ to 1½ hours according to size.



STEAMED FISH

Prepare fish, cut into fillets and place on a plate with 1 tablespoon milk and some small pieces of butter and seasoning. Cover with another plate or a lid. Stand over a saucepan of boiling water until cooked. Serve at once with the liquor in the plate.

WHITEBAIT FRITTERS

1 egg
salt

$\frac{1}{4}$ lb. whitebait

2 level teaspoons flour
 $\frac{1}{2}$ level teaspoon baking powder

Put the whitebait into a sieve and run water through to wash. Pick out any weed and stone. Whip egg white stiffly. Fold in flour, baking powder, salt, egg yolk and whitebait. Fry in hot fat, browning first one side then the other.

WHITEBAIT OR OYSTER SOUFFLÉ

2 eggs
 $\frac{1}{3}$ cup milk

1 level tablespoon flour
1 level tablespoon fat

Make a sauce with the butter, flour and milk. Stir in egg yolks and seasoning and the washed and drained fish. Lastly, fold in the stiffly-beaten egg whites. Bake at 375° for about 20 minutes. It may be steamed in a buttered basin with a grease-proof paper cover in a pan of boiling water for 40 minutes. Serve immediately as soufflés sink if stood too long. Flaked, cooked fish or oysters may be used in place of whitebait.

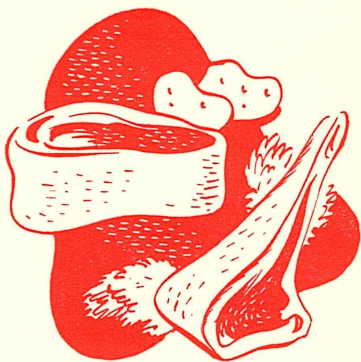
MEATS

Meat will keep for some days in the cold weather but it must be watched carefully in the warm weather. Hang in a cool, airy place, away from the flies. Loin and forequarter will keep longer if the chops are not separated until about to be cooked.

Meats are cooked in the following ways:—

I. ROASTING

Raise the temperature to 325°, place the meat in the centre of the oven, leaving both switches at "high" for 3 minutes. This sears the meat and prevents the juices from escaping. Turn top "off" bottom "low" and leave the meat to cook for the required time according to the weight of the joint. Allow 35 minutes per lb. and 35 minutes extra. If beef is preferred cooked by the quicker method then place





in the oven at 450°, sear in the usual way before turning top “off”, bottom “low”. Allow 20 minutes per lb. and 20 minutes extra. Do not baste except when cooking pork. Baste then for a crisp crackling.

2. BOILING

Place the meat in a pan of boiling salted water to cover. Keep boiling steadily for 5 to 10 minutes before turning the switch to “low”. Allow $\frac{1}{2}$ hour per pound to cook the meat. The vegetables for the dinner may be cooked in with the meat. Drain well before serving with a suitable sauce. Save the meat water and when cold remove the fat. Boil vegetables and barley in this stock to make soup.

3. STEWING

The cheaper cuts of meat can be used for stews and casseroles, as the long slow cooking will make tough meat tender. No nutriment is lost as the juices are served with the meat. To add to the flavour or to make a brown stew, the meat and vegetables are first browned in a little fat, drained, stock or water added and the stew then cooked slowly.

4. GRILLING

Place the meat pan with a rack in it close under the element. Turn the switch to “high” and leave for 5 or 10 minutes to heat thoroughly. Place the steak or chops on the hot rack and place under the red-hot element. In 2 minutes turn the meat to brown on the other side. Keep turning as required until cooked. Steak needs approximately 10 minutes and chops 15 minutes. If the meat is very thick give 2 or 3 minutes longer. If a slowly cooked grill is preferred, sear the meat on both sides and then turn the element to “medium” or place the pan further away from element.

Steak should be underdone and chops well cooked.

WHOLE DINNER IN THE OVEN

Place the joint in the oven as suggested above and leave in the oven until it needs a further hour to finish cooking. Remove the meat and turn both switches “high”. When the temperature reaches 500° turn both switches “low” and place the meat on the bottom rack, the pie on the centre one and the vegetables wherever they will fit in. After 5 minutes, turn the top switch “off”. When the pastry is cooked, the pie may be placed on the bottom rack until the fruit is cooked and the meat placed in the centre. The vegetables may be:—

1. Roasted round the meat.
2. Baked. The vegetables are baked dry in their jackets. e.g. potatoes, kumeras, pieces of pumpkin and marrow. All the nutriment of the vegetables is retained. They may be placed in any odd corner in the oven.

MEATS



3. Boiled or steamed. Prepare the vegetables, place in a casserole with $\frac{1}{2}$ inch of water, cover with a lid and place anywhere in the oven. Fruit may be stewed in this way.
4. Cook greens quickly in boiling water on a hotplate.

MEAT ACCOMPANIMENTS

Roast beef	Horseradish sauce, Yorkshire pudding, gravy
Roast mutton	Red-currant jelly, gravy
Boiled mutton	Caper, onion or parsley sauce
Roast lamb	Mint sauce, gravy
Roast veal	grilled or baked bacon, gravy
Roast pork	Apple or gooseberry sauce, gravy

AMERICAN CASSEROLE

$\frac{1}{2}$ lb. stewing steak	2 apples
$\frac{1}{2}$ lb. pork	1 onion
$\frac{1}{2}$ lb. sausage meat	2 teaspoons parsley
$\frac{1}{2}$ pint stock	2 stalks of celery
1 lb. carrots	1 tomato

Mince meat and half the onion. Add parsley and a little gravy to bind. Form into balls. Flour and brown quickly in hot fat. Put in a casserole. Brown vegetables. Add stock and pour into the casserole. Bake $1\frac{1}{2}$ hours.

COOKED HAM

1. Put in the copper, cover with cold water. Bring to the boil. Boil 30 minutes. Rake out the fire. Cover the top of the copper and lid with sacks to retain the heat. Leave till next day when the cooked ham is removed.
2. Sprinkle the ham with salt and brown sugar. Mix flour with enough cold water to make a stiff dough. Roll out and wrap round the ham enclosing it entirely. Put into the oven at 400° , top "off" bottom "low". Cook 35 minutes per lb. and 35 minutes extra.

CORNEB BEEF

Place beef in boiling water to cover. Allow $\frac{1}{2}$ hour per pound. Drain well and serve with a sharp sauce:—

1 cup stock	1 dessertspoon sugar
1 cup milk	2 tablespoons flour
1 teaspoon mustard	2 tablespoons vinegar

Mix the flour, mustard and sugar to a paste with the vinegar. Stir into the boiling stock and milk and cook a few minutes.

FILLETS OF LAMB

From the thick end of a leg of lamb, cut 2 slices $1\frac{1}{2}$ inches thick. Put in a greased casserole, cover and bake at 350° for $1\frac{1}{2}$ hours. Serve with onion sauce.



CURRY

1 lb. stewing steak	1 dessertspoon cocoanut
1½ cups water	1 tablespoon sultanas
1 apple	1 tablespoon vinegar
1 banana	2 level tablespoons flour
2 onions	1 level tablespoon sugar
curry to taste	salt

Cut the meat into small pieces, removing any fat. Brown the meat and sliced onion in hot fat. Drain and place in a saucepan with all but the flour. Simmer until the meat is tender. Make a paste with the flour and a little water and thicken the stew.

DEVONSHIRE PIE

1½ lb. neck of mutton	2 apples, peeled and sliced
1 cup water	2 oz. rice
salt and pepper	1 oz. raisins

Cut any fat from the meat and arrange with the other ingredients in a piedish with a funnel in the centre to hold up the pastry. Cover with a short pastry. Place in the centre of the oven at 450° with both switches "low" for 5 minutes when the top is turned "off". In ½ hour when the pastry is cooked put the pie on the bottom rack to finish cooking. Time: approximately 2 hours.

KIDNEY MOULD

5-6 kidneys	½ cup oatmeal
½ lb. steak	1 onion
1 egg	salt and pepper
3 oz. suet	a little milk

Mince meat and onions. Add rest. Put in a greased basin with a lid or paper cover and steam for 2 hours.

LANCASHIRE HOT POT

1½ lb. neck of mutton	1 cup water
2 lb. potatoes	salt and pepper
2 onions	

Slice the vegetables and arrange in layers with the meat in a casserole. Season and add water. Cook, with the lid on till tender, about 2 hours.

LIVER HOT POT

1 lb. liver	2 rashers bacon
½ lb. tomatoes	1½ cups bread stuffing

Slice liver, roll in flour and brown lightly in fat. Arrange in a casserole first the liver, then tomato, and then stuffing with bacon on top. A little gravy may be added to the liver. Bake 1 hour.



OXTAIL STEW

1 oxtail
1 onion

2 carrots
seasoning

Joint the tail, roll each piece in flour and brown in hot fat. Brown also the sliced vegetables. Put into a saucepan. Add water to cover. Season and simmer for 3 hours.

POCKET OF VEAL

Stuff the pocket with onion and bread stuffing. Sew up and roast in the oven at 325° for $\frac{1}{2}$ hour. Pour off fat. Cover with sliced tomatoes and bacon rolls. Put back to cook slowly till tender.

PORK CHOPS

4 chops
salt and pepper

1 cup white sauce
1 cup green peas

Fry the chops gently for about 15 minutes. Put into a casserole, add peas and cover with sauce. Bake for 30 to 45 minutes at 400°.

SAUSAGE CASSEROLE

1 lb. sausages
1 onion
 $1\frac{1}{2}$ cups water
seasoning

2 level tablespoons flour
2 tablespoons vinegar
1 tablespoon Worcester sauce
1 level tablespoon sugar

Skin sausages and put in a casserole with the sliced onion. Mix the sugar and flour. Gradually add the liquids and pour over the meat. Bake for 2 hours at 400°.

SAVOURY CUTLETS

2 level dessertspoons flour
 $\frac{1}{2}$ level teaspoon soda
2 level teaspoons sugar

1 dessertspoon Worcester sauce
1 tablespoon vinegar
salt and pepper

Stir the liquid into the flour and sugar. Place chops in this mixture for an hour, turning frequently. Place in a casserole in the oven at 400° for about an hour.

STEAK AND KIDNEY PIE

1 lb. stewing steak
2 kidneys
1 lb. short pastry

1 small onion
salt and pepper
 $\frac{1}{2}$ cup water

Halve, skin and core the kidneys and then cut small. Cut the meat in small pieces and remove the fat. Roll in flour. Place in a piedish with or without onion, as preferred. Add seasoning and water. Cover with pastry, decorate with pastry leaves and make a hole to allow the steam to escape. Place in the centre of the oven at 450° with both switches at "low" for 5 minutes and then turn the top switch "off". In 20 or 30 minutes the pastry should be cooked. Place on the bottom rung to finish cooking. Time: 2-2 $\frac{1}{2}$ hours.

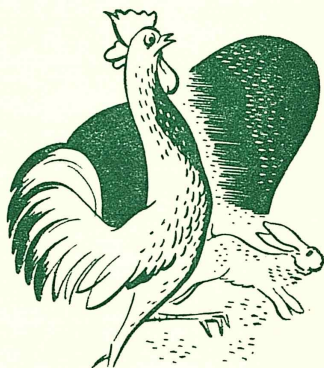


STUFFED HEARTS

Cut the yeins away from the top and cut down the partitions in the hearts. Fill with bread stuffing and sew or skewer the top. Dust with flour and brown in hot fat. Brown also 2 sliced onions. Add $\frac{1}{2}$ cup of water, salt and pepper and simmer until tender. Pour off surplus fat and keep the hearts hot while the gravy is thickened with a little flour and water paste. Lambs' hearts take 1-1 $\frac{1}{2}$ hours to cook and sheep's hearts 2-2 $\frac{1}{2}$ hours. Ox hearts 3-4 hours.

POULTRY & GAME

In a young bird the breastbone is pliable, the flesh firm and white and the feet and legs light in colour. An old bird has darker legs, hard and scaly, a rigid breastbone and is often hairy when plucked.



Hang game and poultry as long as possible, depending on the weather, before cooking.

Pluck the bird, making sure that all the pin feathers are removed. Cut off the head, roll the neck skin back and cut off the neck at the shoulders. The skin is then straightened and folded over the back under the wings. With a sharp knife cut the oil bag from the top of the tail. Make an opening between the legs and cut away the vent. Slip the hand inside the carcass under the breastbone, grasp and draw the inside, intact, onto the paper. Make sure it is properly cleaned before wiping out with a damp cloth. Fill with the desired stuffing. Make a slit in the skin and push the "parson's nose" through to close the opening. Cut the skin round the leg below the joint. Twist the shank and claw to break the joint. The sinews from the upper leg should be drawn out as the shank is drawn away. Twist the wings so that they lie close to the body with the tips lying on the back. Tie the legs at the knuckles keeping them close to the body and passing the string between the two joints over the tail.

Scald the claws and legs. Skin and add to the heart, liver (with the gall bladder removed intact), gizzard and neck to make giblet gravy.

**POULTRY
AND GAME**



ACCOMPANIMENTS

Roast chicken or fowl ..	Bread sauce, bacon rolls, bread stuffing, gravy
Roast duck	Apple or orange sauce, sage and onion stuffing or onion and apple stuffing
Steamed fowl	Egg sauce
Roast turkey	Bread sauce, bread stuffing, grilled sausages
Roast goose	Apple or gooseberry sauce, sage and onion stuffing
Roast venison	Red-currant jelly, gravy

BOILED OR STEWED FOWL

Stuff or not as preferred, with bread stuffing. Place in boiling, salted water to cover and simmer till tender. Allow $\frac{1}{2}$ hour per pound and $\frac{1}{2}$ hour extra or longer if the fowl is old. To steam, stand a rack in a saucepan and have the water just to the rack. Place the fowl on the rack and simmer for 3 to 5 hours according to the age of the bird. Serve with egg sauce made with half stock and half milk.

CHICKEN ROASTED OR BRAISED

Place the prepared chicken in a pan with dripping. Dust with flour, seasoning and cover the breast with strips of bacon. Cook like roast meat in an oven at 325° , allowing 35 minutes per pound and 35 minutes extra.

To braise, place in the oven at 450° for 20 minutes. Remove from the pan, place on a rack in a saucepan with fat just to the rack. Braise slowly till tender. Serve roast or braised chicken with giblet gravy.

DUCK

Prepare and fill with a suitable stuffing. Place in a pan with fat, dust with flour and seasoning, cover with strips of bacon or grease-proof paper to keep moist. Roast like meat at 325° , allowing 35 minutes per pound and 35 minutes extra. Baste occasionally. Serve with apple or orange sauce and green peas.

Duck may be braised or pot-roasted as for chicken. Wild duck is cooked in the same way although when pot-roasted they are less likely to be dry. Orange quarters are often baked round wild duck.

GOOSE

Prepare and fill with sage and onion or celery stuffing. A 10 lb. goose needs about 5 cups of stuffing. Roast in the oven as for duck or meat. Serve with thick gravy.



JUGGED HARE

Joint hare. Cover with cold water. Add 2 sliced onions, 1 sliced carrot, 6 peppercorns, 2 cloves, and seasoning. Place 2 rashers of bacon on top. Cook with the lid on the casserole at 400° for 2½ hours. The gravy may be thickened. Add a little port wine and serve with red-currant jelly.

PUKEKO STEW

Skin the bird. When cutting off the legs, make sure that the sinews are removed. If they are left in, watch carefully when eating as they are like sharp fish bones. Cut in joints, roll in flour, and brown in hot fat. Brown also several sliced onions. Drain, barely cover with water, season well and simmer until tender. Thicken the gravy with flour mixed to a paste with water.

RABBIT CASSEROLE

Joint rabbit. Put in a casserole with 2 sliced onions, 2 rashers of bacon, 2 cups breadcrumbs, seasoning and milk to cover. Bake at 400° for 2 hours.

SWAN

Skin the swan. Cut off ends of wings, neck and legs. Clean and stuff with sage and onion stuffing. Truss and put into a boiler, quarter full of boiling water. Simmer for 2 hours. This removes the fishy flavour. Take out and flour well. Put into a pan with dripping and roast for 1 hour at 325°. Serve with thick gravy.

TURKEY

Fill with bread stuffing. A 12 lb. bird needs 12-15 cups of stuffing. Truss as for duck and goose. Tie thick pieces of bacon over the breast. Put into the oven at 325°. Brown by leaving the switches "high" for 3 minutes. Turn top "off" and bottom "low". A 12 lb. bird takes about 5 hours to cook slowly. Serve with grilled sausages, bacon rolls, gravy and bread sauce. As it is a rich dish, a green salad is often preferred to hot vegetables. A paste of 4 oz. flour and 2 oz. butter may be spread over the breast to keep it from drying while baking.

VENISON

Hang well before using, wiping with a dry cloth each day. If possible roast in a covered pan or it may be wrapped in flour and water paste as for a ham. Bake at 325° for 35 minutes per pound and 35 minutes extra. Serve with thick gravy and red-currant jelly.



STUFFINGS & SAUCES



APPLE SAUCE

- $\frac{1}{4}$ lb. tart apples
- 1 teaspoon sugar
- 1 teaspoon grated onion
- 1 tablespoon butter
- 2 tablespoons water

salt and pepper

Peel, core and slice apples. Cook all ingredients until tender. Mash and serve hot with goose, duck and pork. Green gooseberries may be used in place of apples.

BREAD SAUCE

- 1 small onion
- $\frac{1}{2}$ pint milk
- salt and pepper

- 2 oz. breadcrumbs
- 2 cloves
- pinch of mace

Push the cloves into the whole peeled onion. Place in a pan with other ingredients. Barely simmer for 20 minutes. Remove onion. Serve with chicken or turkey.

BREAD STUFFING

- 2 cups breadcrumbs
- $1\frac{1}{2}$ oz. fat
- 1 small onion grated

- 1 teaspoon chopped parsley
- $\frac{1}{2}$ teaspoon thyme
- salt and pepper

Mix all together and moisten with milk or water for a crumbly stuffing or beaten egg for a solid stuffing. This is enough to fill a bird weighing 2 lb. when cleaned.

CELERY STUFFING

- 3 cups breadcrumbs
- $\frac{3}{4}$ cup chopped celery
- $\frac{1}{2}$ cup hot milk

- 1 tablespoon fat
- $\frac{1}{2}$ onion grated
- salt and pepper

Mix well together. This is enough for a large fowl.

EGG SAUCE

- 2 level tablespoons flour
- 2 level tablespoons butter

- 1 cup milk
- 1 hard-boiled egg

Make a sauce as for Foundation Sauce. Season and add chopped egg. Serve with steamed chicken.



FOUNDATION SAUCE

2 level tablespoons flour 1 cup milk
2 level tablespoons butter seasoning

Melt fat in a saucepan. Add flour and boil 2 minutes. Add some of the milk. Bring to boil. Add more milk. Boil and stir well to make smooth. When all the milk is added, season well.

Cheese sauce: Add 4 tablespoons grated cheese.

Onion sauce: Cook 1 finely-chopped onion in a little water. Use liquid in place of some of the milk.

Caper sauce: Add 1 tablespoon capers.

Parsley sauce: Add chopped parsley.

Anchovy: Add 1 teaspoon anchovy sauce.

GIBLET GRAVY

Boil giblets (neck, legs, liver, gizzard), after being cleaned, in a little water with a small onion. Drain. When the fowl is cooked, remove from pan. Pour off surplus fat. Add 2 tablespoons of flour to the pan. Stir into the remaining fat. Place over the hot plate and gradually add giblet stock, stirring until the gravy boils.

HORSERADISH SAUCE

4 level tablespoons grated 1 tablespoon sugar
horseradish 2 tablespoons vinegar
1 teaspoon made mustard 1 tablespoon cream
salt

Mix altogether, adding the cream last. A quicker way is to add the horseradish to prepared salad dressing.

MINT SAUCE

4 tablespoons chopped mint $\frac{1}{2}$ cup vinegar
1 tablespoon brown sugar 1 tablespoon water

Mix the mint and sugar, and add the boiling water to dissolve the sugar. Add the vinegar and a pinch of salt.

ONION AND APPLE STUFFING

1 large apple 1 onion
breadcrumbs 1 tablespoon fat

Grate the apple and onion. Add enough crumbs to make a stiff stuffing. Season and add melted fat.

ONION AND MINT STUFFING

2 cups breadcrumbs $\frac{1}{4}$ cup bacon fat
1 onion grated $\frac{1}{4}$ cup chopped mint
salt and pepper

Add the melted fat to the other ingredients. Season well. Use to stuff boned lamb.

STUFFINGS AND SAUCES



SAGE AND ONION STUFFING

- | | |
|------------------|--------------------------|
| 2 oz. melted fat | 1 cup breadcrumbs |
| 1 lb. onions | 8 sage leaves or |
| seasoning | 1 teaspoon powdered sage |

Chop the onion finely. Add the other ingredients. Season well.

LUNCHEON DISHES

APPLE AND BACON TOAST

Cover a slice of toast with a thick layer of apple sauce. Roll 2 pieces of bacon and place on top. Put under the grill to cook the bacon.



APPLE AND ONION SCALLOP

- | | |
|--------------------------|-----------------------------|
| $\frac{1}{2}$ lb. apples | 1 tablespoon sugar |
| $\frac{1}{2}$ lb. onions | $\frac{1}{4}$ cup hot water |
| 2 rashers of bacon | flour |
| salt and pepper | |

Arrange layers of sliced apple and onion alternately, sprinkling each layer with flour, seasoning and some finely-cut bacon. Pour sugar and water over all. Cook with the lid on at 400° for 1 hour.

BACON AND EGG PIE

- | | |
|--------------------------|-----------------|
| $\frac{1}{2}$ lb. pastry | 3 or 4 eggs |
| $\frac{1}{2}$ lb. bacon | salt and pepper |

Line a shallow dish with pastry, add the bacon cut in small pieces. Beat the eggs slightly, add seasoning and $\frac{1}{4}$ cup milk. Pour over the bacon. Cover with a lid of pastry. Place a little lower in the oven than normally used. Temperature: 475°. Leave both switches "low" for 5 minutes, then turn top "off" and bottom "low". Time: 20-30 minutes.

BEAN ROLLS

- | | |
|----------------------------|-------------------|
| 2 cups cooked beans | 1 cup breadcrumbs |
| 2 tablespoons tomato sauce | 1 egg |
| 2 tablespoons grated onion | salt and pepper |

Soak haricot beans overnight. Cook in fresh water till tender. Drain and mash. Add other ingredients. Shape into rolls. Wrap each one in a piece of bacon. Pack in a dish and bake at 400° for 20 minutes. Serve with baked tomatoes.



BEANS AU GRATIN

- | | |
|---------------------------------|----------------------------------|
| $\frac{1}{2}$ lb. haricot beans | $1\frac{1}{2}$ cups cheese sauce |
| 3 onions | seasoning |

Soak beans overnight. Boil beans and onions in fresh water until tender. Drain and cover with sauce. Sprinkle with crumbs and bake at 400° for 15 minutes or place under the griller to brown the top.

BRAIN AND POTATO PIE

- | | |
|---------------------------------|------------------------|
| 2 sets brains | 3 cups mashed potatoes |
| $1\frac{1}{2}$ cups white sauce | parsley |
| 1 egg | seasoning |

Steam the brains and add with parsley to white sauce. Mix the potato with the beaten egg. Line a piedish with half the amount. Pour in the brain sauce and cover with the rest of the potato. Decorate with pieces of bacon and sliced tomatoes. Bake at 400° for 20 minutes.

CHEESE PUDDING

- | | |
|--------------------------|--------------------------------|
| 1 teacup crumbs | 1 cup milk |
| 2 oz. grated cheese | 2 eggs |
| $\frac{1}{2}$ oz. butter | $\frac{1}{2}$ teaspoon mustard |

Pour hot milk over crumbs and butter. Add the seasoning, cheese and egg yolks. Fold in stiffly-beaten egg whites. Bake at 400° for 20 to 30 minutes.

COLLIER'S PIE

Line a plate with pastry. Cover with a thick layer of grated cheese, a layer of finely-sliced onion, a layer of bacon pieces. Cover with a lid of pastry. Bake at 475° with both switches at "low" for 5 minutes and then top "off". Cook for 40 minutes.

CROQUETTES

- | | |
|--------------|------------------------|
| 1 oz. butter | $\frac{1}{2}$ cup milk |
| 1 oz. flour | salt and pepper |

Make a very thick sauce with these ingredients. This is the basis of all croquettes. Add 1 cup of any of the following: flaked fish, cooked carrot, beans, peas, minced meat, hard-boiled egg chopped, with cooked rice and parsley, etc. Always season well. Spread in a plate. When cold, cut in shapes. Dip in egg and roll in breadcrumbs. Fry in hot fat. Serve hot.

DEVILLED EGGS

- | | |
|-----------------|---------------------|
| 2 onions sliced | 4 hard-boiled eggs |
| 2 apples sliced | curry and seasoning |

Fry onions till well browned. Add sliced apples and 2 cups of stock or water. Cook till tender. Add curry and seasoning to taste. Thicken with flour paste. Add eggs cut in quarters and serve on toast with boiled rice.

**LUNCHEON
DISHES**



EGG CURRY

- | | |
|---------|-------------|
| 1 onion | 1 cup water |
| 1 apple | 1 cup milk |
| 4 eggs | |

Chop onions and apples finely and cook in seasoned water until soft. Add milk and curry to taste. Thicken with flour and add sliced hard-boiled eggs. Serve in a border of cooked rice.

FRITTERS

- | | |
|---------------------|---------------------------|
| 2 eggs | 2 level tablespoons flour |
| 2 tablespoons water | salt |

Beat the yolks, flour, water and salt. Fold in stiffly-beaten whites. Use this batter to coat fish, cooked vegetables, pieces of tripe, and fruit such as apple rings, banana slices and pineapple rings. Fry in hot fat on both sides. Drain and serve hot.

HAM AND APPLE ROAST

- | | |
|--------------------------------|-----------------------------|
| 1 lb. apples | 2 eggs |
| $\frac{3}{4}$ lb. bacon or ham | 2 onions |
| 1 cup crumbs | 2 tablespoons grated cheese |

Arrange ham, apples, onions and crumbs in layers. Season and bake for $\frac{3}{4}$ hour at 400°. Whisk eggs and add cheese. Pour over the ham mixture. Put back into the oven to set. Serve hot or cold with salad.

ITALIAN EGGS

- | | |
|------------------|--------------------------------|
| 1 tablespoon fat | $\frac{1}{2}$ cup tomato purée |
| 1 small onion | 4 oz. grated cheese |
| 4 eggs | parsley and seasoning |

Melt fat in a saucepan. Add finely-chopped onion and cook slowly with the lid on, without browning. Add tomato and cheese, and cook till smooth. Do not boil. Add beaten eggs and cook gently. Serve on toast.

LENTIL RISsoles

- | | |
|---------------------------|-------------------------------|
| $\frac{1}{2}$ lb. lentils | $\frac{3}{4}$ cup breadcrumbs |
| 1 large onion | salt and pepper |
| 1 egg | |

Soak lentils overnight. Add onion and cook until a mush. Drain off any surplus water. Cool and add other ingredients. Drop into hot fat and brown on both sides.

OMELETTE

Beat the egg white stiffly. Fold in the yolk and seasoning. Pour into a hot, greased pan. Cook on the hotplate till brown. Hold under the griller to set the top. Pour a filling onto it. Fold in half and slip onto a plate. For the filling have $\frac{1}{2}$ cup white sauce flavoured with cheese, oysters, cooked vegetables, cooked bacon, flaked fish or mushrooms, etc.



MACARONI CHEESE

- | | |
|-----------------|--------------------------|
| 2 cups macaroni | 1 oz. butter or dripping |
| 4 oz. cheese | breadcrumbs |
| 1 chopped onion | seasoning |

Drop the macaroni into boiling salted water and cook till tender. Drain and arrange in a dish in layers with the grated cheese, onion and seasoning. Top with crumbs and flaked butter. Add 1 tablespoon of macaroni water. Cook at 400° for about 20 minutes.

ONION AND RICE

- | | |
|----------------------|--------------------|
| 4 large onions | 2 cups cooked rice |
| 1½ cups cheese sauce | |

Boil onions. Drain. Place in a piedish. Surround with rice and cover with sauce. Brown in the oven at 400° for 10 to 15 minutes.

ONION PUDDING

- | | |
|--------------------------|------------|
| 2 or 3 large onions | seasoning |
| 8 oz. flour | 3 oz. suet |
| 1 teaspoon baking powder | |

Chop the onion finely. Grate suet and add with the onion to the dry ingredients. Using water mix to dough about the consistency of scone dough. Put into a greased basin. Cover and stand in boiling water for 2 hours. Serve with stewed or baked tomatoes or thick gravy.

PEASE PUDDING

- | | |
|-------------------------|-------------------|
| 1 lb. split peas | 1½ teaspoons mint |
| 1 egg | salt and pepper |
| 2 tablespoons bacon fat | |

Soak peas overnight. Boil until soft. Drain. Add other ingredients. Pour into a greased basin. Steam for 1 hour. Serve with gravy and vegetables.

SAVOURY RISSOLES

- | | |
|-----------------------------------|-----------------------|
| $\frac{3}{4}$ cup mashed potatoes | 3 tablespoons cheese |
| $\frac{3}{4}$ cup mashed carrots | 2 tablespoons parsley |
| $\frac{3}{4}$ cup breadcrumbs | salt and pepper |
| 1 egg beaten | |

Mix well together. Drop into hot fat and brown on both sides.

SCRAMBLED EGGS (ECONOMICAL)

- | | |
|-------------------------------|------------------------|
| $\frac{3}{4}$ cup breadcrumbs | $\frac{3}{4}$ cup milk |
| 2 eggs | parsley |

Whisk the eggs. Add other ingredients. Season well. Cook gently in a buttered saucepan.



STEWED POTATOES

- | | |
|---------------------------|----------------------|
| 1½ lb. potatoes | 4 sticks celery |
| 1 large onion | 2 cups milk |
| 2 level tablespoons flour | 1 tablespoon parsley |
| 2 level tablespoons fat | seasoning |

Make a sauce with flour, fat and milk. Add the cubed raw vegetables and chopped parsley. Season well. Cook in a casserole with a lid on at 400° for 1 hour.

STUFFED POTATOES

Bake potatoes in their jackets until soft. Cut a round from each and scoop out the potato. Break a raw egg into each. Mash the potato with a little butter, milk and seasoning and pile on top of the egg. Put back in the oven to cook the egg and brown the top. Serve with baked tomatoes.

TOMATO AND BACON SAVOURY

- | | |
|---------------|----------------------|
| 4 tomatoes | 3 tablespoons water |
| 1 onion | 1 tablespoon vinegar |
| 1 apple | 1 dessertspoon sugar |
| 2-4 oz. bacon | salt and pepper |

Simmer together for 20 minutes. Thicken with a little cornflour. Serve with fried bread or toast.

VEGETABLES AU GRATIN

Make a cheese sauce. Pour over any cooked vegetables. Sprinkle crumbs on the top. Dot with butter and brown in the oven.

VEGETABLE LOAF

- | | |
|---------------------------|-------------------|
| 1 cup cooked peas | 1 cup breadcrumbs |
| 1 cup cooked carrots | 1 cup tomato pulp |
| 1 cup cooked rice | 2 eggs |
| 1 tablespoon grated onion | |

Mix together. Season well and press into a loaf tin. Cook at 400° for ¾ hour and serve with gravy.

YORKSHIRE PUDDING

- | | |
|-------------|-----------------|
| 1 pint milk | 4 oz. flour |
| 2 eggs | salt and pepper |

Stir the eggs and milk gradually into the flour. Pour into hot, greased piedish and cook at 450° for 20 minutes.



PASTRY

Hints on pastry making:—

1. Keep ingredients, hands and utensils as cold as possible during preparation.
2. Work quickly and lightly.
3. Use as little flour as possible when rolling out.
4. The more fat used, the less water is needed to mix to a firm dough.
5. Use a knife to mix to a dough.
6. The higher the proportion of fat used the richer and shorter will be the pastry.
7. Cook at 475° with both switches “low” for 5 minutes, then turn top “off”.



N.B.—Always turn the switches to the “bake” position (both to “low”) for 1 minute before placing the food in the oven. This applies to everything but roast meat which is seared before turning to the “bake” position (top “off”, bottom “low”).

Glaze pastry before cooking with milk or water and sprinkle with sugar for sweet pies. For savoury pastries brush with beaten egg and water.

Do not glaze the cut edges as this prevents them from rising.

SHORT PASTRY

4 oz. fat

8 oz. flour

1 level teaspoon baking powder
salt

Rub fat into flour. Mix to a stiff paste with cold water. Roll out at once and use for pies, tarts, etc. If a richer pastry is liked, add up to 6 oz. fat and then less water would be used. Bake at 450° for about 20 minutes.

FLAKY PASTRY

8 oz. flour

4 oz. lard

3 oz. butter
salt

Rub the butter into the flour. Mix to a stiff paste with cold water. Roll out. Dab the lard in small pieces all over the pastry. Fold the bottom third up, the top third down. Close the open ends and turn the pastry round so that the closed end is towards the cook. Without turning the dough again, roll out once more.

Do this 3 times and it is ready for use. Place in oven at 475°, with both switches “low” for 5 minutes and then turn the top “off”. Bake about 20 minutes.

PASTRY



ATLAS COOKING

ROUGH PUFF PASTRY

8 oz. flour
8 oz. butter

salt

Have the butter very cold. Cut in $\frac{1}{2}$ in. cubes and drop into flour. Mix with cold water. Roll out without turning the pastry. Fold in thirds as for flaky pastry, turn round once and roll again. Do this 3 times. The fourth time of rolling the pastry is made into the shape required. Bake at 475° , both switches "low" for 5 minutes and then the top "off" until cooked.

POTATO PASTRY

6 oz. flour
6 oz. potato mashed

4 oz. fat
1 teaspoon baking powder

Rub fat into dry ingredients. No water is used. Knead until smooth. Roll out. Bake at 450° , both switches "low" for 5 minutes, then top "off". Use for savoury pies.

SWEET PASTRY

6 oz. butter
8 oz. flour
 $\frac{1}{2}$ cup cornflour
1 level teaspoon baking powder

1 egg
 $\frac{3}{4}$ cup icing sugar
salt

Cream the butter and sugar. Beat in the egg. Add dry ingredients. Line patty tins and bake unfilled at 375° . Fill when cold with jam or fruit and cream.

SUET PASTRY

8 oz. flour
4 oz. suet

1 teaspoon baking powder
salt

Shred suet finely into flour. Mix to a dough with water. Roll out and use for steamed puddings, etc.

HOT WATER CRUST

1 lb. flour
 $\frac{1}{4}$ pint water

$\frac{1}{4}$ lb. lard
salt

Boil the lard and water (sometimes half milk and half water is used), and pour immediately into the flour and salt. Cool a little. While still warm mould $\frac{2}{3}$ of the dough into a deep-sided pie shell case. Fill with cubed, raw, seasoned pork. Press out the remainder of the dough to make a lid. Moisten the edge and press onto the pie. Decorate with leaves and make a hole in the centre.

CORNFLAKE CRUST

1 cup crushed cornflakes
 $\frac{1}{4}$ cup sugar

2 oz. butter (melted)
 $\frac{1}{2}$ level teaspoon cinnamon

Mix together and press into an 8 in. pie plate, lining it evenly. Leave to set before filling with cold filling, e.g. Chiffon Pie.



SCONES & BREADS

In any of the following recipes wholemeal can be used in place of some or all of the flour.



SCONES

1. Mix lightly and quickly using a knife to mix.
2. Make the dough as soft as possible without making it difficult to handle.
3. Place on a cold tray.
4. Raise the temperature of the oven to 450°.
5. N.B.—Turn both switches to “low” and wait for 1 minute before placing the scones in the centre of the oven.
6. Cook for 10 minutes.

Prepare cold-oven scones in the same way. Place the tray on the second rung from the bottom of the oven. Turn both switches “high”. When the temperature reaches 250°–300° the scones should be cooked.

PIKELETS

1. Do not heat the elements until the pikelet mixture is made.
2. Turn the switch to “high” for 2 minutes, then turn “low”.
3. Grease the hotplate.
4. Drop 3 or 4 pikelets onto the hotplate.
5. When they become bubbly turn the pikelets over and turn the switch “off”.
6. When the second side is browned remove to a rack.
7. Turn the switch back to “low”, regrease the hotplate to cook more pikelets in the same way.

BREAD

1. The more yeast used the quicker will be the rising.
2. Too much sugar retards the yeast action.
3. Too much salt retards the yeast action, while too little allows the yeast to work too quickly.
4. Always scald and cool milk before using.
5. Keep everything lukewarm.
6. Too high a temperature kills the yeast plant.

**SCONES
AND BREADS**



ATLAS COOKING

BRAN BUNS

- | | |
|-------------------------------|---------------------------------|
| 1 cup flour | 1 oz. butter |
| $\frac{1}{2}$ cup bran | 1 level teaspoon soda |
| 1 cup milk | 2 level teaspoons baking powder |
| $\frac{1}{2}$ cup brown sugar | 1 egg |

Rub the butter into the flour. Add other ingredients. Mix with beaten egg and soda dissolved in the milk. This is a wet mixture. Put in patty tins and bake like scones at 450° , both switches "low" for 10 minutes.

BREAD—WHITE

- | | |
|--------------------------|-------------------------------------------|
| $1\frac{3}{4}$ lb. flour | 2 level teaspoons sugar |
| $\frac{1}{2}$ oz. yeast | $\frac{3}{4}$ pint milk or milk and water |
| 3 level teaspoons salt | |

Put flour and salt in a warm place. Cream yeast and sugar. Add lukewarm liquid. (Always scald milk first.) Add the liquid yeast mixture to the flour and knead in the basin until smooth (about ten minutes). Cover and leave in a warm place to double its bulk. Knead again and shape into loaves. Put into greased tins and leave in a warm place to double the bulk. Bake at 450° for $\frac{1}{2}$ hour to 1 hour depending on the size.

BREAD—BROWN

- | | |
|------------------------|-------------------------------|
| 1 lb. flour | $\frac{1}{2}$ oz. yeast |
| 1 lb. wholemeal | 2 level teaspoons sugar |
| 6 level teaspoons salt | 1 pint milk or milk and water |

Follow the same method as for white bread but have the dough a little softer. Bake at 450° , top "off", bottom "low" for $\frac{1}{2}$ hour to 1 hour according to size.

BROWN SCONES

- | | |
|--------------------------|-------------------------------------------|
| 4 oz. flour | 1 dessertspoon treacle |
| 4 oz. wholemeal salt | 4 level teaspoons baking powder |
| $\frac{1}{2}$ oz. butter | $\frac{1}{4}$ pint milk or milk and water |

Warm the milk, add treacle and butter. Mix into the dry ingredients, making a soft dough. Cut into shapes, brush with milk and bake at 400° both switches "low" for 10 minutes.

CHEESE BUSTERS

- | | |
|--------------|--------------------------------------------|
| 1 cup flour | $1\frac{1}{2}$ oz. butter |
| 1 cup cheese | $\frac{1}{2}$ level teaspoon baking powder |

Rub the butter into the flour. Add the cheese and a little cayenne pepper, and mix to a firm paste with water or milk. Roll very thinly. Cut into shapes. Prick and put on a cold slide. Bake at 425° for 8 to 12 minutes.



BUTTERSCOTCH MUFFINS

- | | |
|--------------|----------------------------------------|
| 2 cups flour | 4 level tablespoons sugar |
| 1 oz. butter | 4 level teaspoons baking powder |
| 1 egg | $\frac{1}{4}$ - $\frac{1}{2}$ cup milk |

Rub the butter into the dry ingredients. Mix to a soft dough with the beaten egg and milk. Roll out to a long piece 4 or 5 inches wide. Spread with 2 oz. butter and $\frac{1}{2}$ cup brown sugar creamed together. Roll up making a long narrow roll. Cut in $\frac{1}{2}$ -inch slices. Bake like scones at 450°, both switches "low" for 10 minutes.

GEMS

- | | |
|-----------------------|----------------------------------------|
| 1 oz. butter (melted) | $\frac{1}{2}$ - $\frac{3}{4}$ cup milk |
| 1 egg | 4 level tablespoons sugar |
| 1 cup flour | 2 level teaspoons baking powder |

Beat the egg and sugar. Fold in the dry ingredients alternately with the milk. Lastly add the butter. Bake in hot gem irons at 450°, both switches "low" for 10 minutes.

GINGER GEMS

- | | |
|-------------------------|---------------------------|
| 2 oz. butter | 1 level teaspoon soda |
| $\frac{3}{4}$ cup sugar | 2 teaspoons ginger |
| 1½ cups flour | 1 tablespoon golden syrup |
| 1 egg | $\frac{3}{4}$ cup milk |

Cream butter and sugar. Beat in the egg. Add dry ingredients and soda in the milk. Put in hot gem irons and bake like scones at 450°, both switches "low" for 10 minutes.

MARMALADE MUFFINS

- | | |
|--------------|------------------------|
| 3 oz. butter | 2 eggs |
| 3 oz. sugar | 1 tablespoon marmalade |
| 6 oz. flour | 1 level teaspoon soda |

Cream butter and sugar. Beat in the eggs. Add marmalade, dry ingredients and the soda in the milk. Put in greased patty tins and bake like scones at 450°, both switches "low" for 10 minutes.

SAVOURY BUN

- | | |
|--------------------------|---------------|
| 2 cups flour | 4 oz. butter |
| 1 cup cheese | 1 egg |
| 1 teaspoon baking powder | milk and salt |

Rub butter into flour. Mix slightly wetter than scones with egg and milk. Bake in an 8 in. x 8 in. tin 450° for 15 minutes. When cold cut in 3 across. Butter each side and spread with savoury filling. Put together and cut in slices.



NUT LOAF

- | | |
|--------------------------|----------------------------|
| 2 cups flour | 1 cup nuts |
| 1 cup brown sugar | $\frac{1}{4}$ cup sultanas |
| 1 teaspoon baking powder | 1 egg (beaten) |
| 2 oz. melted butter | |

Mix the dry ingredients. Add egg, a little milk and melted butter. Cook in a loaf tin at 450° for 1 hour.

PIKELETS

To cook pikelets, turn the switch "high" for $2\frac{1}{2}$ minutes. Turn "low" grease the hotplate and drop the pikelet mixture onto it. When browned on one side, turn the pikelets over and turn the switch "off" finishing the cooking on stored heat. Turn back to "low" again for the second lot of pikelets.

- | | |
|-------------------------|--------------------------|
| 1 cup flour | $\frac{3}{4}$ cup milk |
| $\frac{1}{3}$ cup sugar | 1 teaspoon baking powder |
| 1 egg | salt |
| 1 oz. melted butter | |

Whisk egg and sugar. Fold in dry ingredients. Add milk and butter. Drop onto the greased hotplate and brown on each side.

SCONES

- | | |
|---------------------------|----------------------------------------|
| 2 cups flour | $\frac{1}{2}$ – $\frac{3}{4}$ cup milk |
| 2 teaspoons baking powder | salt |
| 1 oz. butter | |

Rub butter into flour. Mix with milk. Cut in shapes and brush with milk. This may be varied by adding 1 cup of grated cheese or 1 tablespoon sugar and $\frac{1}{2}$ cup fruit. Bake at 450° , both switches "low" for 10 minutes.

TEA BUN

- | | |
|---------------------------|----------------------------|
| 2 cups flour | 1 egg |
| 2 oz. butter | $\frac{1}{3}$ cup sugar |
| 2 teaspoons baking powder | $\frac{1}{2}$ cup sultanas |

Rub butter into flour. Mix with egg and milk to a soft texture. Divide into two heaps on a cold slide. Bake at 450° , both switches "low" for 10 minutes then both switches "off" until cooked.

WELSH GIRDLE SCONES

- | | |
|----------------|--------------------------|
| 8 oz. flour | 2 oz. sultanas |
| 2 oz. butter | 1 teaspoon baking powder |
| 2 oz. lard | 1 egg |
| 2 oz. sugar | milk |
| 2 oz. currants | salt |

Cream fat and sugar. Beat in egg. Add dry ingredients. Roll thinner than scones. Cut into shapes and cook on the hotplate, browning on both sides.



WHEATEN RUSKS

- | | |
|------------------------------|--------------------------|
| 1 cup wholemeal | 1 egg yolk |
| 2 cups flour | 1 teaspoon baking powder |
| 4 oz. butter | salt |
| 3 tablespoons honey or sugar | |

Cream butter and sugar. Beat in the yolk. Add dry ingredients. Roll a little thinner than scones. Bake like scones. Split in half and put back into the oven to dry thoroughly at a low temperature.

WHOLEMEAL BISCUITS

- | | |
|-----------------------------------|----------------------------|
| 1 cup flour | 3 oz. butter |
| $\frac{1}{2}$ cup bran | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup cocoanut |
| $\frac{1}{2}$ level teaspoon soda | salt |

Rub butter into flour. Heat milk and sugar. When cool, add soda and pour onto dry ingredients. Roll thinly and cut into shapes. 400° for 12 to 15 minutes.

WHOLEMEAL LOAF

- | | |
|---------------------------|-------------|
| 1 tablespoon golden syrup | 1 cup water |
| 12 oz. mixed fruit | 1 cup sugar |
| 1 tablespoon butter | salt |

Boil together. Cool and add:—

- | | |
|-----------------------|---------------------------|
| 1 cup flour | $\frac{1}{2}$ cup nuts |
| 1 cup wholemeal | 1 level teaspoon spice |
| 1 level teaspoon soda | 1 level teaspoon cinnamon |

Pour into a greased loaf tin. Bake at 400° for 1 hour approximately. Keep for some days before cutting.

HEALTH LOAF

- | | |
|-----------------------------|--------------------------------|
| 1 cup flour | 1 cup milk |
| 1 cup wholemeal flour | $\frac{1}{2}$ cup golden syrup |
| 1 cup bran | $\frac{1}{4}$ cup brown sugar |
| $\frac{1}{2}$ cup dates | 1 egg |
| $\frac{1}{2}$ cup walnuts | 2 tablespoons melted butter |
| 1 level teaspoon soda | $\frac{1}{2}$ cup warm water |
| $\frac{1}{4}$ teaspoon salt | |

Mix the dry ingredients and fruit together. Dissolve the soda in the water. Mix the beaten egg, syrup and other liquids into the dry ingredients. Put into a greased loaf tin. Bake at 425° top "off" bottom "low" for 1-1 $\frac{1}{4}$ hours.



FRUIT CAKES



Preparation of fruit:—

1. Currants and sultanas: Wash well. Drain and spread on paper to dry.
2. Figs: Wash, wipe dry and shred finely.
3. Almonds: Cover with boiling water to loosen the skin. Peel and split or chop.
4. Peel: Remove sugar and shred finely.
5. Dates: Stone and chop small.
6. Raisins: Separate the seedless ones and chop small. Stone the raisins with seeds and chop small.
7. Cherries: Remove the sugar and chop or leave whole.

GENERAL METHOD

1. Cream the softened butter and sugar until no longer gritty.
2. Beat in the eggs one by one unbeaten.
3. Add the essences.
4. Add the fruit mixed with dry ingredients.
5. Blend thoroughly.
6. Line the sides and bottom of a tin with 2 thicknesses of clean paper. Allow the paper to stand 2 or 3 inches above the top of the tin.
7. Fill the tin $\frac{3}{4}$ full with the cake mixture.

BAKING

There are two main points to remember when baking fruit cakes.

1. It is preferable to cook a fruit cake after the oven has been in use for other baking. The oven is then well heated through and the temperature will not drop too quickly.

Reheat the oven to 350° for a small cake or 375° for a bigger cake or two small cakes.

Turn the switches to the "bake" position (top "off" bottom "low"). Then wait one minute before placing the cake on the wire rack in the centre of the oven.

2. Finish the cake off on stored heat. The switches are left at the "bake" position for $\frac{3}{4}$ of the cooking time and all "off" for the last $\frac{1}{4}$ of the cooking time.

e.g. A cake needing 4 hours cooking has the switches at "bake" for 3 hours and all "off" for 1 hour when it finishes cooking on stored heat.



To prevent over-browning biscuits, buns, small and large cakes on the bottom, always finish on stored heat. The centre rack is the best position for most baking.

The fruit will sink in a cake when:—

1. The mixture is too soft.
2. The oven temperature is too low.
3. The cake has been put into an oven not previously used for other baking and so the oven temperature drops too quickly.

When making a sultana or light fruit cake follow the same directions but have a high temperature—400° and do not cook as long as a rich cake.

A cake cooked in a small tin takes longer to cook than the same mixture cooked in a big tin because it is thicker through.

BIRTHDAY CAKE

- | | |
|-------------------|--------------------------------|
| 8 oz. butter | 2 oz. nuts |
| 8 oz. brown sugar | 2 oz. dates or ginger |
| 8 oz. currants | 4 eggs |
| 8 oz. sultanas | 6 tablespoons blackcurrant jam |
| 12 oz. flour | 1 teaspoon golden syrup |
| 8 oz. raisins | 1 level teaspoon soda |

Cream the butter and sugar. Beat in the eggs. Add the jam and syrup. Add the flour and fruit and lastly the soda dissolved in 1 tablespoon of milk or water. Bake at 375°. In an 8 in. round tin it takes 2½ to 3 hours.

BROWN ELSIE

- | | |
|------------------------|--------------------------------|
| 8 oz. butter | 6 oz. flour |
| 8 oz. brown sugar | 5 oz. ground rice |
| 8 oz. figs | 1 level teaspoon baking powder |
| 4 oz. preserved ginger | essence of vanilla |
| 4 eggs | salt |

Cream the butter and sugar. Beat in the eggs. Add the fruit and dry ingredients. Bake at 400°. In an 8 in. round tin it takes 1½-1¾ hours.

SULTANA CAKE

- | | |
|--------------|---------------------------------|
| 8 oz. butter | 8 oz. sultanas |
| 8 oz. sugar | 2 oz. peel |
| 12 oz. flour | 2 level teaspoons baking powder |
| 3 eggs | ½ cup milk |

Cream the butter and sugar. Beat in the eggs. Add the dry ingredients and the milk last. Bake at 400°. In a 7 in. square tin it takes 1¼-1¾ hours.

FRUIT CAKES



FRUIT CAKE

- | | |
|--------------------|---------------------------------------------|
| 8 oz. butter | 2 level teaspoons soda |
| 8 oz. sugar | 2 level teaspoons spice |
| 16 oz. flour | salt |
| 2 eggs | $\frac{1}{2}$ teaspoon each, vanilla, lemon |
| 1 cup boiling milk | and almond |
| 2 lb. mixed fruit | |

Rub the butter into the flour. Add the sugar, spice and fruit. Stand overnight. Mix with the beaten eggs and milk next day. Bake at 375°. In an 8 in. round tin it takes 2 to 3 hours.

WAR-TIME CAKE

- | | |
|-------------------------------------|---------------------------------------------|
| 4 oz. fat | 8 oz. sultanas |
| 6 oz. sugar | 4 oz. currants |
| 8 oz. flour | 4 oz. raisins |
| 3 eggs | 2 level teaspoons baking powder |
| 2 level teaspoons spice | $\frac{1}{4}$ teaspoon each, essence lemon, |
| $\frac{1}{2}$ level teaspoon nutmeg | almond and vanilla |
| 1 tablespoon golden syrup | |

Cream the fat and sugar. Beat in the eggs. Add the syrup then fruit and dry ingredients. Bake at 350°. In a 7 in. square tin it takes approximately 2 hours. Render $1\frac{1}{2}$ lb. cod fat, $1\frac{1}{2}$ lb. brisket fat. Strain. Add $\frac{1}{2}$ cup milk. Bring to the boil. Add 2 teaspoons salt. Cool and beat till light. Use 4 oz. of this fat for the cake.

WHOLEMEAL FRUIT CAKE

- | | |
|-----------------------|-----------------------------------|
| 4 oz. butter | 1 tablespoon golden syrup |
| 4 oz. brown sugar | 10 oz. mixed fruit |
| 5 oz. wholemeal flour | $\frac{1}{2}$ level teaspoon soda |
| 2 eggs | salt |

Cream the butter and sugar. Beat in the eggs. Add the syrup and then all the dry ingredients. Bake at 350°. In a 6 in. tin it takes approximately 2 hours.

EVERYDAY FRUIT CAKE

- | | |
|--------------|--------------------------------|
| 8 oz. butter | 12 oz. mixed fruit |
| 8 oz. sugar | 1 dessertspoon golden syrup |
| 12 oz. flour | 1 level teaspoon baking powder |
| 3 eggs | milk to mix |

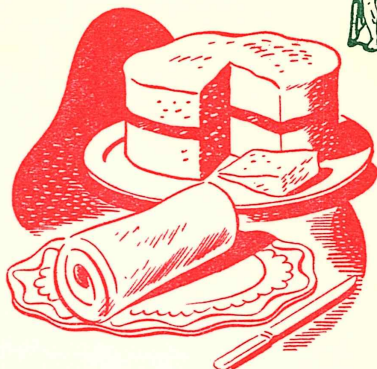
Cream butter and sugar. Beat in the eggs. Add the syrup, and then fruit and dry ingredients. Use enough milk to make a soft mixture. Add essences to flavour. Bake at 400° for approximately $1\frac{1}{2}$ hours depending on the depth of the cake.



SPONGES

General Directions:—

1. Prepare the tins by greasing well. Add a little flour and shake to coat the whole of the inside of the tin. Shake out any surplus flour.
2. Whisk the eggs until thick and creamy.
3. Gradually beat in the sugar until the mixture is no longer gritty.
4. Fold in the dry ingredients carefully.
5. If melted butter is used, fold in carefully at the last.
6. Pour into the tins immediately.
7. See that the temperature of the oven reaches 375° when the sponge is ready.
8. Turn to the "bake" position (top "off", bottom "low").
9. N.B.—Wait for 1 minute before placing the sponge on the rack in the centre of the oven.
10. After 10 minutes' baking, the bottom switch may be turned "off" and the sponge finished on stored heat.
11. Sponge sandwiches cook in 15–17 minutes, depending on the thickness of the sponge.
12. When cooked the sponge begins to shrink away from the sides. It also feels spongy when pressed with the finger.
13. Turn out of the tin onto a wire rack at once.



ARROWROOT SPONGE

- | | |
|-------------------------|------------------------------------------|
| 3 eggs | 2 level teaspoons baking powder |
| $\frac{3}{4}$ cup sugar | 2 heaped teaspoons flour |
| pinch of salt | $\frac{1}{2}$ cup arrowroot or cornflour |

Whisk the eggs. Beat in the sugar. Fold in the dry ingredients. Pour into two 8 in. or 9 in. sandwich tins. Bake at 375° for 15–17 minutes.

BUTTER SPONGE

- | | |
|-------------------------|-----------------------------------|
| 3 eggs | 1 level cup flour |
| $\frac{3}{4}$ cup sugar | 1 level teaspoon soda |
| $\frac{1}{4}$ cup milk | 2 level teaspoons cream of tartar |
| 1 oz. butter | pinch of salt |

Whisk the eggs and sugar together. Fold in the flour and cream of tartar. Add the soda dissolved in the heated butter and milk. Fold in carefully. Bake in two 8 in. or 9 in. sandwich tins at 375° for 15–20 minutes.

SPONGES



BILLY SPONGE

4 eggs
8 oz. sugar

4 oz. flour
pinch of salt

Whisk the eggs. Gradually beat in the sugar. Pour into a greased and floured billy or loaf tin. Sprinkle with castor sugar. Bake at 325° for $\frac{3}{4}$ -1 hour.

EGG YOLK SPONGE

4 egg yolks
1 level cup flour
1 level teaspoon baking powder

$\frac{1}{3}$ cup hot water
 $\frac{2}{3}$ cup sugar
pinch of salt

Beat the yolks and water. Gradually beat in the sugar. Fold in the dry ingredients. Bake in two 8 in. or 9 in. sandwich tins at 375° for 15-20 minutes.

GOLDEN SPONGE

3 eggs
 $\frac{3}{4}$ cup sugar
1 level teaspoon baking powder
pinch of salt

$\frac{3}{4}$ cup flour
 $\frac{1}{4}$ cup arrowroot or cornflour
1 dessertspoon golden syrup

Whisk the eggs and sugar thoroughly before beating in the syrup. Fold in the dry ingredients. Bake in two 8 in. or 9 in. sandwich tins at 375° for 15-20 minutes.

ORANGE SPONGE

$1\frac{1}{4}$ level cups flour (5 oz.)
 $1\frac{1}{2}$ level teaspoons baking powder
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{4}$ cup water
pinch of salt

1 cup sugar
2 eggs
1 egg yolk
1 dessertspoon grated orange
rind

Whisk the eggs and yolk with sugar. Add the liquid and rind, and fold in the dry ingredients. Bake at 325° in a 7 in. square tin for 45-50 minutes. When cold cut through the centre and fill with Marshmallow Filling using the extra egg white. Ice the top.

SPICE SPONGE

3 eggs
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup arrowroot or cornflour
2 heaped teaspoons flour
pinch of salt

1 dessertspoon golden syrup
2 level teaspoons cocoa
2 level teaspoons spice
2 level teaspoons cinnamon
2 level teaspoons baking powder

Whisk the eggs and sugar until thick and creamy. Beat in the syrup. Fold in the dry ingredients. Bake in two 9 in. sandwich tins at 375° for 15-20 minutes.



SPONGE ROLL

- | | |
|-------------------------|------------------------------------------|
| 3 eggs | 1 level teaspoon baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{3}{4}$ cup flour |
| 1 tablespoon water | $\frac{1}{4}$ cup arrowroot or cornflour |
| pinch of salt | |

Whisk eggs, sugar and water until thick and creamy. Fold in the dry ingredients. Spread in a 13in. x 11 in. tin. Bake at 375° for about 15 minutes. Turn onto a clean, dry teatowel, spread with heated jam. Roll up at once. Leave in the towel until cold.

SPONGE SANDWICH

- | | |
|-------------------------|--------------------------------|
| 3 eggs | $\frac{1}{4}$ cup cornflour |
| $\frac{1}{2}$ cup sugar | 1 tablespoon water |
| $\frac{1}{2}$ cup flour | 1 level teaspoon baking powder |
| pinch of salt | |

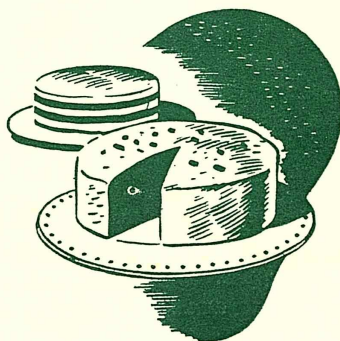
Whisk eggs, water and sugar until thick and creamy. Fold in the dry ingredients. Bake at 375° in two 8 in. or 9 in. sandwich tins for 15-17 minutes.

WHOLEMEAL BUTTER SPONGE

- | | |
|-------------------|--------------------------------|
| 1 cup brown sugar | 4 tablespoons milk |
| 1 cup wholemeal | 2 oz. butter |
| 3 eggs | 1 level teaspoon baking powder |

Whisk the eggs and sugar. Stir in the warmed milk and butter. Fold in the dry ingredients. Bake at 375° in two 9 in. tins for 20-25 minutes.

CAKES



Unless otherwise stated, butter cakes are prepared by the same method as that given for fruit cakes. The resultant mixture is lighter and spongier than a fruit cake mixture. Spread in a tin lined with one layer of butter or greaseproof paper. The oven temperature for butter cakes is 400°.

1. Raise the oven temperature to 400°.
2. Turn top "off" bottom "low".
3. N.B.—Wait one minute before placing the cake in the centre of the oven on the wire rack.
4. When the cake has had $\frac{3}{4}$ of the cooking time, turn the bottom switch "off" and finish cooking on stored heat.



ALEXANDER CAKE

- | | |
|--------------------------|---------------|
| 8 oz. butter | 3 eggs |
| 1 cup sugar | 2 cups flour |
| 1 teaspoon baking powder | pinch of salt |

Cream the butter and sugar. Beat in the egg and add the dry ingredients. Bake at 400° in a 7 in. square tin for 1¼ hours.

ALMOND SANDWICH

- | | |
|--------------|---------------------------------|
| 4 oz. butter | 2 eggs |
| 4 oz. sugar | 2 level teaspoons baking powder |
| 4 oz. flour | pinch of salt |

Cream the butter and sugar. Beat in the eggs and add the dry ingredients. Spread half the mixture in a tin. Cover with the filling and spread the remainder on top. Bake at 400° in a 7 in. square tin for 40-50 minutes. Filling:—

- | | |
|----------------------|-------------------|
| 2 oz. ground almonds | 2 oz. sugar |
| 2 oz. icing sugar | essence of almond |

BAVARIAN CAKE

- | | |
|--------------|---------------------------------|
| 6 oz. butter | 3 oz. ground nuts |
| 6 oz. sugar | 1 dessertspoon coffee essence |
| 6 oz. flour | 2 level teaspoons baking powder |
| 2 eggs | ¼ cup milk |

Cream the butter and sugar. Beat in the eggs. Fold in the dry ingredients and milk alternately. Bake at 400° in two 9 in. tins for 30-35 minutes. Put together with nut filling and ice the top.

CHOCOLATE CAKE

- | | |
|--------------|---------------------------------|
| 4 oz. butter | ½ cup milk |
| 8 oz. sugar | 2 level tablespoons cocoa |
| 8 oz. flour | 2 level teaspoons baking powder |
| 3 eggs | pinch of salt |

Cream the butter and sugar. Beat in the eggs. Fold in the dry ingredients alternately with the milk. Bake at 400° in two 9 in. sandwich tins for 25 to 35 minutes. When cold put together with Date Filling and ice the top with chocolate icing.

FOUNDATION CAKE

- | | |
|--------------|---------------------------------|
| 3 oz. butter | 3 eggs |
| 6 oz. sugar | 2 level teaspoons baking powder |
| 6 oz. flour | pinch of salt |

Cream the butter and sugar. Beat in the eggs. Fold in the dry ingredients. The mixture may be plain or made into chocolate, orange, lemon, spice or coffee. It may be cooked as small cakes in patty tins, in sandwich tins or in a cake tin. Bake at 400°.



CANADIAN DATE SANDWICH

- | | |
|--------------|------------------------------|
| 4 oz. butter | $\frac{3}{4}$ cup dates |
| 4 oz. sugar | $\frac{3}{4}$ cup cold water |
| 6 oz. flour | 1 tablespoon treacle |
| 2 eggs | 2 level dessertspoons cocoa |
| 3 oz. nuts | 1 level teaspoon soda |

Soak the dates in soda and water for an hour. Cream the butter and sugar. Beat in the eggs. Add the treacle and the date mixture. Fold in the dry ingredients. Bake at 400° in two 8 in. papered tins for 25-35 minutes. Before baking, sprinkle nuts on the top of one as a decoration. Leave in the tins to cool. Put together with a little chocolate icing.

DATE SHORTCAKE

- | | |
|--------------|---------------------------------|
| 3 oz. butter | 1 egg |
| 5 oz. sugar | 2 level teaspoons baking powder |
| 9 oz. flour | vanilla |

Cream the butter and sugar. Beat in the egg. Work in the dry ingredients. Press half the mixture into a shallow 9 in., round, greased tin. Cover with chopped dates and nuts. Roll out the remainder of the dough and fit over the top. Decorate with walnuts and cherries. Bake at 375° for 30-35 minutes.

GINGER CAKE

- | | |
|-----------------------|----------------------------|
| 8 oz. butter | 1 cup golden syrup |
| 1 cup sugar | 5 level teaspoons ginger |
| 3 cups flour (heaped) | 2 level teaspoons spice |
| 3 eggs | 2 level teaspoons cinnamon |
| 1 cup milk | 2 level teaspoons soda |

Cream the butter and sugar. Beat in the eggs and then the golden syrup. Add the dry ingredients and the soda dissolved in the milk. Bake at 400° in a 9 in. x 11 in. tin for $\frac{3}{4}$ -1 hour.

HUNGARIAN NUT CAKE

- | | |
|-------------------|------------------------------------|
| 4 oz. butter | 2 tablespoons milk |
| 4 oz. sugar | 2 level teaspoons baking powder |
| 1 level cup flour | 2 tablespoons apricot or peach jam |
| 1 egg | |

Cream the butter and sugar. Beat in the egg. Add the dry ingredients and the milk. Spread half the mixture in a papered tin. Spread with jam and sprinkle with nuts. Cover with the remainder of the mixture. Sprinkle nuts on top. Bake at 400° in a 6 in. x 8 in. tin for 30-40 minutes.

CAKES



GENOESE CAKE

4 oz. butter
8 oz. sugar
4 eggs

6 oz. flour
1 level teaspoon baking powder
pinch of salt

Whisk the egg whites until stiff. Beat in the sugar gradually. Beat in the egg yolks and fold in the dry ingredients. Add the melted butter last. Bake at 400° in a 7 in. or 8 in. square tin for $\frac{3}{4}$ -1 hour.

JEWISH CAKE

4 oz. butter
1 cup sugar
3 eggs
4 tablespoons milk

1½ cups flour
3 level teaspoons cinnamon
2 level teaspoons baking powder
½ cup currants

Cream butter and sugar. Beat in the eggs. Fold in the dry ingredients and milk. Bake at 400° in two 8 in. or 9 in. sandwich tins for 25-30 minutes.

LADYSMITH CAKE

2 eggs
4 oz. butter
4 oz. sugar
4 oz. flour

1 heaped tablespoon cornflour
2 level teaspoons baking powder
2 level teaspoons spice
raspberry jam

Cream the butter and sugar. Beat in the eggs. Add the dry ingredients without the spice. Spread half the mixture in a papered tin. Spread with jam. Add spice to the remainder of the mixture and spread on top of the jam. Bake in a 6 in. x 8 in. tin at 400° for 30-40 minutes.

NUTTY CAKE

3 oz. sugar
2 eggs
1 level teaspoon baking powder

6 oz. ground hazelnuts or
walnuts
pinch of salt

Whisk the eggs and sugar until light and fluffy. Fold in the nuts and baking powder. Bake in a 7 in. square tin at 375° for 25-30 minutes. When cold ice with a lemon icing.

PRUNELLA CAKE

4 oz. butter
1 cup sugar
 $\frac{2}{3}$ cup stewed prunes
1½ cups flour
 $\frac{2}{3}$ cup sour milk
2 eggs

1 level teaspoon baking powder
1 level teaspoon cinnamon
½ level teaspoon nutmeg
1 level teaspoon spice
1 level teaspoon soda
pinch of salt

Cream the butter and sugar. Beat in the eggs. Add the stoned, stewed prunes (no juice). Fold in the dry ingredients. When cold put together and ice with an icing flavoured with prune juice. Bake in two 9 in. sandwich tins at 400° for 20-30 minutes.



MIRROR CAKE

- | | |
|-------------------|---------------------------------|
| 6 oz. butter | 3 eggs |
| 5 oz. brown sugar | 1 level teaspoon spice |
| 4 oz. flour | 1 level teaspoon ginger |
| 2 oz. ground rice | 2 level teaspoons baking powder |
| 2 oz. cocoanut | 1 dessertspoon golden syrup |

Cream the butter and sugar. Beat in eggs. Add the syrup and then the dry ingredients. Bake in an 8 in. round tin at 400° for 40-45 minutes. When cold ice with Milk Icing.

ORANGE CAKE

- | | |
|--------------|---------------------------------------|
| 6 oz. butter | 3 eggs |
| 6 oz. sugar | 2 level teaspoons baking powder |
| 6 oz. flour | $\frac{1}{2}$ orange (rind and juice) |

Cream the butter and sugar. Beat in the eggs and fold in the dry ingredients. Add the rind and juice. Bake in an 8 in. tin at 400° for 45-60 minutes. When cold cover with an icing made with the juice of $\frac{1}{2}$ orange.

WALNUT AND GINGER CAKE

- | | |
|--------------|--------------------------------|
| 4 oz. butter | 1 level teaspoon baking powder |
| 4 oz. sugar | 4 oz. chopped nuts |
| 6 oz. flour | 2 oz. chopped preserved ginger |
| 2 eggs | pinch of salt |

Cream the butter and sugar. Beat in the eggs and fold in the dry ingredients. Bake at 400° in a 7 in. square tin for 35-45 minutes. Ice with lemon icing.

WEST END CAKE

- | | |
|---------------------------------|---------------------------------|
| 6 oz. butter | 3 oz. chocolate |
| 6 oz. sugar | 3 eggs |
| 4 oz. flour | 2 level teaspoons baking powder |
| 3 oz. ground almonds or walnuts | pinch of salt |

Whisk the eggs and sugar. Add the dry ingredients. Lastly add the melted butter and chocolate. Bake at 400° in two 9 in. sandwich tins for 25-35 minutes. When cold fill with nut filling and ice with chocolate.

YANKEE DOODLE CAKE

- | | |
|--------------|----------------------------|
| 4 oz. butter | 1 level teaspoon soda |
| 4 oz. sugar | $\frac{1}{2}$ cup hot milk |
| 6 oz. flour | 4 oz. minced raisins |
| 2 eggs | pinch of salt |

Pour hot milk and soda over the raisins. Stand till lukewarm. Cream the butter and sugar. Beat in the eggs. Fold in the dry ingredients and lastly the fruit mixture. Bake at 400° in two 8 in. or 9 in. sandwich tins for 25-35 minutes. Put together with mock cream when cold.



SMALL CAKES & BISCUITS



Biscuits are made from a stiff dough rolled thinly and shaped with a cutter.

Cookies are usually made by placing in small amounts on a cold slide and flattening slightly with the palm of the hand. They are thicker than biscuits.

Buns are made of a dough a little softer than biscuits. The dough is placed in small heaps on a cold tray. If the mixture is too soft or the temperature too low they spread and come out of the oven like flat cookies.

Cakes: The mixture is the same consistency as for big cakes. Place in greased patty tins or paper cases. Bake at 400° for flat tops for icing and 425° for peaked tops.

Baking one tray at a time

There is no need to grease the trays for biscuits and buns.

1. Raise the oven temperature to:—
 - (a) Biscuits and cookies.... 375°
 - (b) Buns 425°
 - (c) Cakes 400°
2. Turn top "off", bottom "low".
3. N.B.—Wait for one minute to allow the elements to cool a little.
4. Place the tray in the centre of the oven.
5. After 5–10 minutes turn the heat "off".
6. Finish cooking on stored heat.

Baking two trays at once

1. Raise the oven temperature to:—
 - (a) Biscuits and cookies.... 400°
 - (b) Buns 450°
 - (c) Cakes 425°
2. Turn both switches "low".
3. N.B.—Wait for one minute to allow the elements to cool a little.
4. Place both trays near the centre of the oven.
5. After 5 minutes place the top tray in the lower position and the bottom tray in the upper position.
6. Turn both switches "off".
7. Finish cooking on stored heat.



AMERICAN COOKIES

- | | |
|---------------------------|-------------------------------|
| 2 egg whites | $\frac{1}{2}$ cup brown sugar |
| $\frac{1}{2}$ cup walnuts | 3 cups cornflakes |

Whisk the egg whites stiffly. Add the sugar. Stand the basin over a pot of boiling water and beat about 10 minutes. Add the chopped nuts, flakes and a few drops of vanilla. Drop in small amounts on a cold slide. Bake at 300° both switches "off" for 1½-2 hours.

BOSTONS

- | | |
|-------------------|-----------------------------------|
| 3 oz. butter | 3 oz. mixed fruit |
| 4 oz. brown sugar | $\frac{1}{4}$ cup walnuts |
| 6 oz. flour | 1 level teaspoon spice |
| 1 egg | $\frac{3}{4}$ level teaspoon soda |
| salt | $\frac{1}{4}$ cup boiling water |

Cream the butter and sugar. Beat in the egg. Add the dry ingredients and soda dissolved in the water. Put in greased patty tins. Bake at 400° for 12-17 minutes.

BROWN BETTY

- | | |
|--------------------------------|--------------------------------|
| 4 oz. butter | 1 egg |
| $\frac{3}{4}$ cup brown sugar | 2 level dessertspoons cocoa |
| $\frac{3}{4}$ cup golden syrup | 6 oz. flour |
| $\frac{1}{2}$ cup walnuts | 1 level teaspoon baking powder |

Cream the butter and sugar. Beat in the egg. Add the syrup and then the dry ingredients. Bake in an 8 in. x 10 in. tin at 375° for 25-35 minutes.

BUTTERSCOTCH COOKIES

- | | |
|-------------------------|---------------------------------|
| 1 cup flour | 3 oz. butter |
| 1 cup oatina | $\frac{3}{4}$ cup brown sugar |
| $\frac{1}{2}$ cup nuts | 1 egg |
| $\frac{1}{2}$ cup dates | 2 level teaspoons baking powder |
| 2 tablespoons milk | vanilla |

Cream the butter and sugar. Beat in the egg. Add the dry ingredients and milk. Form into a long roll. When firm cut into slices. Bake at 375° for about 15 minutes.

COCOANUT BISCUITS

- | | |
|--------------|-------------------|
| 3 oz. butter | 3 oz. cocoanut |
| 3 oz. sugar | 1 tablespoon milk |
| 4 oz. flour | pinch of salt |

Cream the butter and sugar. Add the dry ingredients and milk. Roll thinly. Cut into shapes. Sprinkle with sugar before baking at 375° for 10-15 minutes.

**SMALL CAKES
AND BISCUITS**



ATLAS COOKING

CUSTARD SQUARES

- | | |
|---------------------------|-----------------|
| 1 level tablespoon butter | 1 cup milk |
| 2 level tablespoons flour | 1 egg |
| 3 level tablespoons sugar | essence vanilla |

Make a sauce by melting the butter with the flour and gradually adding the milk. Add the beaten egg and sugar. Reheat and add the flavouring. Roll two thin sheets of pastry about 9 in. square. Prick well and bake. Spread the custard between the two while warm. When cold, ice the top.

CHOCOLATE CAKES

- | | |
|---------------------------|---------------------------------|
| 4 oz. butter | 2 level teaspoons baking powder |
| 4 oz. brown sugar | 2 eggs |
| 5 oz. flour | $\frac{1}{2}$ cup dates |
| 2 level tablespoons cocoa | $\frac{1}{4}$ cup nuts |

Cream the butter and sugar. Beat in the eggs. Add the dry ingredients. Bake in patty tins or paper cases at 400° for 12-17 minutes.

DATE COOKIES

- | | |
|-------------------------|---------------------------------|
| 4 oz. butter | 7 oz. flour |
| 2 oz. sugar | 2 level teaspoons baking powder |
| 1 egg | vanilla |
| 1 teaspoon golden syrup | dates |

Cream the butter and sugar. Beat in the egg and the syrup. Add the dry ingredients. Put $\frac{2}{3}$ of the mixture in small amounts on a tray. Put half a date, flattened, on each and a little more mixture on top. Bake at 425° for 10-15 minutes.

FRENCH SHORTBREAD

- | | |
|-------------------|--------------------------------|
| 4 oz. butter | 2 level teaspoons ginger |
| 4 oz. brown sugar | 1 level teaspoon baking powder |
| 8 oz. flour | pinch of salt |

Rub altogether until like breadcrumbs. Press into a 9 in. x 7 in. tin. Bake at 375° for 25-30 minutes. While still hot, cut into fingers, cover with icing and leave until cold before taking from the tin. Break the fingers apart. Icing:—

- | | |
|-------------------|--------------------------------|
| 1 oz. butter | 1 level teaspoon ginger |
| 4 oz. icing sugar | 2 level teaspoons golden syrup |

GERMAN BISCUITS

- | | |
|---------------------------------|-------------------------|
| 4 oz. butter | 6 oz. flour |
| 3 oz. sugar | 6 oz. ground rice |
| 2 eggs | 3 level teaspoons spice |
| 2 level teaspoons baking powder | pinch of salt |

Rub the butter into the flour. Add the dry ingredients and mix with the beaten eggs. Knead a little. Roll out, cut into shapes. Bake at 375° for 10-15 minutes. When cold join together and ice the top.



HOKY POKY

- | | |
|--------------|-----------------------------|
| 2 oz. sugar | 1 dessertspoon golden syrup |
| 4 oz. butter | 1 dessertspoon milk |
| 1 cup flour | 1 level teaspoon soda |

Heat milk and syrup. Stir in the butter until melted. Add the soda and when frothing add the dry ingredients. Roll into balls and flatten with a fork on a cold tray. Bake at 375° for 10-15 minutes, both switches "off".

JOY BISCUITS

- | | |
|-------------------|---------------------------------|
| 8 oz. butter | $\frac{1}{2}$ cup sultanas |
| 1 cup brown sugar | 1 cup walnuts |
| 1 egg | 2 level teaspoons baking powder |
| 10 oz. flour | pinch of salt |

Cream the butter and sugar. Beat in the egg. Add the dry ingredients. Roll into balls and flatten a little on a cold slide. Bake at 375° for 10-15 minutes.

QUEEN CAKES

- | | |
|-----------------|-----------------------------|
| 4 oz. butter | 1 dessertspoon golden syrup |
| 4 oz. sugar | 4 oz. sultanas |
| 6 oz. wholemeal | $\frac{1}{4}$ cup milk |
| 2 eggs | 1 level teaspoon soda |

Cream the butter and sugar. Beat in the eggs and syrup. Add the dry ingredients and last, the soda dissolved in milk. Bake in patty tins at 400° for 12-17 minutes.

PEANUT MONKEYS

- | | |
|-------------------------|--------------------------------|
| 4 oz. butter | 1 level tablespoon cocoa |
| $\frac{3}{4}$ cup sugar | 1 level teaspoon baking powder |
| 6 oz. flour | $\frac{1}{2}$ lb. peanuts |
| 1 egg | $\frac{1}{2}$ teaspoon vanilla |

Place the dry ingredients in a bowl. Mix with beaten egg and melted butter. Roll in balls and flatten on a slide. Bake at 375° for 12-17 minutes.

TEA STRIPS

- | | |
|-------------------------|--------------------------------|
| 1 cup dates | 3 level tablespoons flour |
| 1 cup walnuts | 1 level teaspoon baking powder |
| 2 eggs | 1 teaspoon vanilla |
| $\frac{3}{4}$ cup sugar | salt |

Beat the chopped dates and nuts with the sugar and unbeaten eggs until creamy. Stir in the dry ingredients and spread in a 9 in. square tin. Bake at 375° for 20-25 minutes. It should be spongy. When cold cut in strips and roll in icing sugar.



ATLAS COOKING

SMALL CAKES

- | | |
|--------------|---------------------------------|
| 4 oz. butter | 3 eggs |
| 5 oz. sugar | 4 oz. sultanas |
| 5 oz. flour | 2 level teaspoons baking powder |

Cream the butter and sugar. Beat in the eggs. Fold in the dry ingredients. Bake in greased patty tins at 425° for 12-17 minutes.

WHEATMEAL SANDWICH

- | | |
|-----------------|---------------------------------|
| 4 oz. oatmeal | 1 egg |
| 4 oz. wholemeal | 2 level teaspoons baking powder |
| 4 oz. sugar | 2 level teaspoons spice |
| 3 oz. butter | 2 level teaspoons ginger |

Rub the butter into the dry ingredients. Mix to a paste with the beaten egg. Roll thinly on a piece of paper the width of the tray but twice as long. Spread date filling over half the biscuit. Leaving the paper attached fold the top half over. Carefully ease this top piece of paper from the biscuit and cut off. Slide onto a tray. Brush with milk and sprinkle with 1 tablespoon chopped nuts, 1 tablespoon chopped preserved ginger and 1 tablespoon sugar. Bake at 375° for 20-25 minutes. Cut when cool into squares and remove from the bottom paper.

SAVOURIES

BACON WHIRLS

- 12 oz. bacon
- 2 tablespoons mashed potatoes
- 1 onion (grated)
- 1 teaspoon made mustard
- 1 dessertspoon butter
- seasoning

Roll short or flaky pastry into a long piece. Spread with mixture.

Roll up and cut in $\frac{1}{4}$ in. slices. 400°-450° for 12-15 minutes.



BREAD ROLLS

Cut bread thinly. Remove crusts. Spread with butter and then with any savoury mixture. Roll up and toast under the griller, turning to brown all round. Serve hot. The filling may be grated cheese, cheese and celery, thick white sauce with oysters, whitebait, green peas, mushroom sauce, etc.



CELERY TARTS

Line small patty tins with short or flaky pastry. Bake and remove from the tins. Fill with equal amounts of chopped celery and apple, a little chopped walnut mixed with salad dressing.

CARROT SURPRISE

Cook very small spring carrots till tender. Cool and cover each one with a mixture made with 1 cup cooked mashed peas, 1 cup bread-crumbs, 1 onion grated, and 1 egg. Shape smoothly. Dip in egg, roll in dried crumbs and fry in deep fat. Serve hot.

CHEESE BALLS

- | | |
|--------------------|------------------------------|
| 1 lb. potatoes | $\frac{1}{2}$ onion (grated) |
| 6 oz. cheese | 1 egg |
| 1 teaspoon parsley | seasoning |

Cook and mash potatoes, add other ingredients. Shape into small balls. Roll in egg and then breadcrumbs. Fry in deep fat. Drain on paper and serve hot.

CHEESE STRAWS

- | | |
|--------------|--------------------|
| 2 oz. flour | 3 oz. cheese |
| 2 oz. butter | 2 tablespoons milk |
| seasoning | |

Rub the fat into the flour. Add rest. Roll out and cut into straws. Bake at 450° for 8-10 minutes.

CROQUETTES

Make croquettes as in the Luncheon Dishes section. When cool, cut into very small shapes, dip in egg and crumbs and fry. Serve hot with tooth picks for handling.

DEVILLED HAM

- | | |
|-------------------------|--------------|
| 2 oz. ham (minced) | 1 oz. cheese |
| $\frac{1}{4}$ cup cream | seasoning |
| 1 oz. chutney | thin bread |

Cut bread into shapes. Fry a golden brown. Drain. Spread with the mixture, sprinkle more cheese on top and put under the griller until it melts.

PATTIES

Roll flaky pastry. Cut in rounds. Using a smaller cutter remove the centres of half the rounds. Moisten the pastry, put a ring on a round. Bake at 475° both switches "low" for 5 minutes then turn top "off". Cook for 10-15 minutes. The centre rounds removed from the circles should be cooked too. Fill with 1 cup white sauce mixed into 1 doz. chopped oysters and a pinch of nutmeg or 1 cup white sauce and $\frac{1}{4}$ pint whitebait and a squeeze of lemon juice. Place the little buttons of cooked pastry on top and a tiny sprig of parsley at the side. Serve hot.

SAVOURIES



SANDWICH FILLINGS

1. Grated raw carrot and salad dressing.
2. Cress and marmite.
3. Raisins and chives or onions or chopped mint.
4. Marmite, mint and parsley.
5. Minced, cooked liver and salad dressing.
6. Grated cheese, crystallized cherries and salted almonds.

SARATOGA CHIPS

Peel potatoes. Slice very thinly. Soak in salted water for $\frac{1}{2}$ hour. Drain and dry thoroughly. Put into hot deep fat. Fry till brown. Drain on paper. Sprinkle with salt. Store in a papered tin until wanted.

SAVOURY BISCUITS

Biscuits may be either thinly sliced bread cut into shapes and fried in hot fat, or cracker biscuits. Spread with any savoury mixture.

1. Grated cheese, horseradish and salad dressing. Top with sardines.
2. Cream cheese, chopped celery, a little grated onion.
3. Hard-boiled egg, salad dressing, and chives or anchovy sauce.
4. Fried mushrooms.
5. Smoked fish flaked in a well-seasoned white sauce.
6. Peas, cooked, mashed and decorated with sliced tomato.

STUFFED CELERY

Wash and cut celery into 3 in. to 4 in. lengths. Take each piece and cut in fine strips from one end to the centre. Leave in very cold water or in the freezer until the ends curl. Fill the uncut end with grated cheese moistened with salad dressing and seasoned with cayenne pepper and mustard. Decorate with a sprinkling of paprika and a tiny sprig of parsley.

TOOTHPICK SAVOURIES

These are usually arranged on a toothpick for easy handling. They may be served on a plate or an orange, a red apple or even a pumpkin for a big party may be used as a base. Push the free ends of the toothpicks into the flesh of the fruit.

1. A slice of pickled onion and a slice of saveloy.
2. An oyster rolled in bacon and grilled.
3. A steamed prune, stoned and stuffed with cheese.
4. Mashed, cream cheese, formed into balls and rolled in parsley.
5. A cherry, a cube of cheese, and a cube of pineapple.
6. A cocktail onion and a cube of ham.
7. A cube of ham and a cube of cheese.
8. A piece of gherkin rolled in a slice of polony.



PUDDINGS

There is a wide variety of puddings to choose from when planning the menu. They may be classed under several headings.



- 1. Custards:** "Boiled" custard should not be boiled unless it has a little cornflour mixed in to help thicken. Cook the custard over boiling water to prevent curdling. A baked custard is cooked in the oven at 300°-325°. If the temperature is higher stand the custard dish in a pan of water to prevent overheating.
- 2. Steamed puddings:** Cook in a greased steamer or basin, covered with a fitting lid or a piece of greaseproof paper tied securely over the top. Stand in a pan a quarter-full of boiling water. With the lid on the pan, cook for the required time. Do not allow the water to stop boiling. Add more boiling water of necessary.
- 3. Baked puddings:** Most of the sponge puddings may be either baked or steamed. If to be baked, follow the directions for cake making.
- 4. Milk puddings:** Cook at a low temperature in the centre or bottom of the oven.
- 5. Fruit:** If the oven is in use, stew the fruit in a casserole. Have a small amount of water with the fruit, sugar to taste and the lid on the dish.
- 6. Tarts and Pies:** To make a pie, fill a dish with raw fruit, add a little water and sugar to sweeten. Cover with pastry and bake at 475° with both switches at "low" for 5 minutes, then top "off". If stewed fruit is covered with pastry, the pie has a different flavour. To make a tart, line a plate with pastry. This is sometimes cooked before filling. If so prick well first. If the filling is to be put into raw pastry, brush over with melted butter or beaten egg white before pouring the filling in. Always put a tart lower in the oven to ensure the cooking of the pastry under the filling.

BANANA SOUFFLÉ

1 cup mashed banana

5½ oz. sugar

3 egg whites

½ lemon (juice)

Fold the mashed banana, sugar and lemon into the stiffly-beaten egg whites. Pour into a buttered dish and bake at 375° for 30-35 minutes.

PUDDINGS



APPLE CRUMB PUDDING

3 large apples

$\frac{1}{2}$ cup water

sugar to taste

1 level teaspoon cinnamon

Peel and slice the apples into a dish. Add the rest of the ingredients and cover with the following:—

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup oatina

3 level tablespoons butter

$\frac{1}{2}$ cup sugar

Rub the fat into the flour. Add the other ingredients and sprinkle over the apples. Bake at 400° for 30-40 minutes.

APPLE AND RICE MERINGUE

1 oz. butter

2 oz. sugar

2 egg whites

1 $\frac{1}{4}$ pints milk

2 oz. rice

grated lemon rind

Bring the milk, butter and sugar to the boil. Add the rice and cook until tender. Add the lemon and pour over 4 large, peeled, cored and halved apples in a piedish. Bake at 400° until the apples are soft. Fold 3 tablespoons sugar into the stiffly-beaten egg whites and spread on top of the pudding. Place in the oven to brown the meringue.

BAKED CHOCOLATE MERINGUE

3 oz. breadcrumbs

1 oz. butter

$\frac{1}{2}$ pint milk

2 eggs

2 level dessertspoons cocoa

3 oz. sugar

Pour the hot milk over the crumbs, butter, sugar and cocoa. Add the yolks and bake at 350° to set the pudding. Beat the egg whites stiffly, fold in 3 tablespoons of sugar. Spread over the pudding and put back in the oven to brown.

BAKED PEARS

Peel, core and quarter some pears. Roll in buttered crumbs and pack in a casserole. Add honey or golden syrup to sweeten and $\frac{1}{2}$ cup water. Bake with the lid on the dish for about 45 minutes at 400°.

BOILED PUDDING

5 heaped tablespoons whole-meal

4 heaped tablespoons bread-crumbs

3 heaped tablespoons brown sugar

2 heaped tablespoons butter

1 cup currants

1 cup sultanas

1 cup milk

1 level teaspoon soda

Boil the milk and butter. Add the soda and pour over the dry ingredients. Steam for 3 hours.



BUTTERSCOTCH TART

- | | |
|------------------------|-------------------------|
| 1 cup brown sugar | 2 oz. butter |
| 2 egg yolks | $\frac{1}{2}$ cup flour |
| $\frac{1}{4}$ cup milk | vanilla |

Cream the butter and sugar. Beat in the egg yolks. Add the flour and milk and a few drops of vanilla. Pour into a plate lined with uncooked pastry. Bake at 475° on the 2nd rung from the bottom for 20 minutes. Cover with a meringue made with 2 egg whites beaten stiffly and 3 tablespoons of sugar added. Return to the centre of the oven to brown.

DATE FLUFF

- | | |
|-------------|--------|
| 1 cup dates | 2 eggs |
| 1 cup water | salt |

Just bring the dates and water to the boil. Stir to a mash and put through a sieve to remove stones. A little lemon juice is an improvement. Add the egg yolks and fold in the stiffly-beaten egg whites. Bake at 375° for 30-35 minutes.

LEMON MERINGUE PIE

- | | |
|---------------------------|-------------------------------|
| $1\frac{1}{2}$ cups water | 2 eggs |
| 1 cup sugar | 3 level tablespoons cornflour |
| 1 lemon (rind and juice) | a nob of butter |

Mix the sugar and cornflour. Gradually add the water. Bring to the boil stirring. Boil 3 minutes. Add the yolks and lemon. Pour into a cooked pastry case. Cover with a meringue made with 2 stiffly-beaten egg whites and 3 tablespoons sugar. Return to the oven to brown the top. Serve cold or just warm.

MARLBOROUGH TART

- | | |
|--------------|--------------------------|
| 2 apples | $\frac{1}{2}$ cup sugar |
| 1 egg | 1 lemon (rind and juice) |
| 1 oz. butter | |

Cream the butter and sugar. Beat in the egg. Add the peeled, cored and grated apple and the lemon. Pour into a plate lined with pastry and spread with apricot jam. Decorate with narrow strips of pastry criss-crossed over the filling. Bake at 475° on the 2nd rung from the bottom for 30-35 minutes.

NORWEGIAN PUDDING

- | | |
|--------------|---------------------------------|
| 4 oz. butter | 1 oz. ground rice |
| 4 oz. sugar | 2 eggs |
| 4 oz. flour | 2 level teaspoons baking powder |

Cream the butter and sugar. Beat in the eggs and add the dry ingredients. Bake at 400° for 30-40 minutes or steam for 2 hours. Serve with jam sauce or lemon sauce.



ATLAS COOKING

PLUM DUFF

12 oz. flour	1 cup milk
12 oz. suet	3 eggs
8 oz. raisins	2 level teaspoons spice
6 oz. peel	2 level teaspoons cinnamon
8 oz. sultanas	$\frac{1}{4}$ level teaspoon nutmeg
8 oz. currants	2 level teaspoons baking powder
7 oz. sugar	salt

Mix the fruit and dry ingredients together. Add the beaten eggs and milk. Put into 2 or 3 greased basins and steam for $2\frac{1}{2}$ to 3 hours. This pudding may be cooked in one or more pudding cloths. Dip a square cut from a flour bag in boiling water. Spread out and sprinkle with flour. Rub over the surface to form a skin round the pudding. Place the mixture in the centre, gather the cloth round the top and tie tightly with string, leaving room for the pudding to rise. Put into boiling water with a plate or board at the bottom of the pan to keep the pudding from touching. Do not allow to stop boiling. Boil the full amount for $4\frac{1}{2}$ hours. Hang outside to dry thoroughly before putting away. This will keep many months. To reheat for serving, place in boiling water and cook for an hour. Serve with hard sauce or brandy sauce.

RHUBARB AND BANANA

Stew the rhubarb, cut into lengths, with a little water and brown sugar to taste. When cooked, pour over one or two sliced bananas and leave to cool.

ROLY POLY

2 cups flour	2 level teaspoons baking powder
3 oz. fat	salt

Rub the fat into the flour. Add the baking powder and salt. Mix to a firm dough with cold water. Roll out and cover with peeled, sliced and sweetened apples. Roll up, turn in the ends and place in a piedish. Add $1\frac{1}{2}$ cups hot milk, sprinkle with sugar and bake at 450° for 40-45 minutes.

SCONE PUDDING

1 cup flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ oz. butter	2 level teaspoons baking powder

Rub the butter into the flour, add the baking powder and a pinch of salt and mix with milk. Pat out to the size of the dish and cover with the following.

1 tablespoon golden syrup	$\frac{3}{4}$ cup boiling water
2 tablespoons sugar	nob of butter

Bake at 400° for 20-30 minutes.

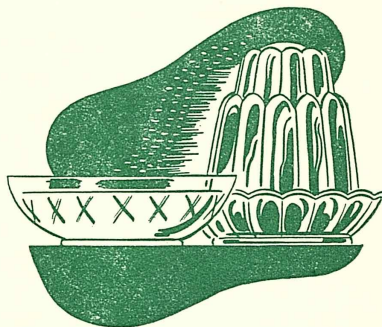


STEAMED APPLE PUDDING

- | | |
|-------------------|---------------------------------|
| 6 oz. breadcrumbs | 6 oz. apples. |
| 4 oz. sugar | 2 eggs |
| 3 oz. suet | 2 level teaspoons baking powder |

Grate the apples coarsely, add the other dry ingredients and mix with the beaten eggs. Steam in a buttered basin or steamer for 2 hours.

COLD SWEETS



Whipped cream is often an ingredient of cold sweets. When it is not available use unsweetened condensed milk beaten until light and frothy. Full-cream dried-milk powder made into milk, scalded, cooled and whipped can also be used in place of cream. It will not hold the whip for decoration. Halve the amount given when using cream substitutes.

APPLE MOULD

- | | |
|-----------------------------|----------------|
| 1 lb. apples | 2 oz. sago |
| 1 pint water | sugar to taste |
| $\frac{1}{2}$ lemon (juice) | |

Peel, core and slice the apples and cook with the water and sago. When the sago is quite clear, add the sugar and lemon and pour into a mould to set.

APPLE BANANA SNOW

- | | |
|---------------------------------|---------------------------|
| $\frac{1}{2}$ cup grated apple | 3 egg whites |
| $\frac{1}{2}$ cup mashed banana | 3 level tablespoons sugar |
| 2 teaspoons lemon juice | |

Beat the egg whites until stiff. Fold in the other ingredients. Pile in individual dishes, decorate with whipped cream and serve at once. The apple should be a sweet eating one.

CHERRY WHIP

- | | |
|-------------------------------|----------------------------------|
| 2 level dessertspoons gelatin | bottled cherries or gooseberries |
| $\frac{1}{2}$ cup cream | |

Heat $\frac{3}{4}$ pint of the fruit syrup to dissolve the gelatin. When beginning to set, fold in the whipped cream and berries. Set in a mould.

COLD SWEETS



BAVARIAN CREAM

- | | |
|----------------------------|-------------------------|
| 1 cup milk | 2 egg yolks |
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup water |
| 1 level tablespoon gelatin | vanilla |
| 1 cup cream | salt |

Soak the gelatin in the water. Make a custard in a double boiler with the milk, sugar and yolks. Cool a little before adding the gelatin. When it is beginning to set fold in the whipped cream. The stiffly-beaten egg whites can be added too if liked. Set in a mould. Turn out and decorate with fruit and whipped cream.

COCOANUT CREAM

- | | |
|-------------------------------|-------------------------|
| 2 level dessertspoons gelatin | $\frac{1}{4}$ cup water |
| 2 cups milk | $\frac{1}{3}$ cup sugar |
| 2 egg yolks | 1 cup cocoanut |
| 2 egg whites | salt |

Soak the gelatin in the water. Make a custard in a double boiler with the milk, yolks and sugar. Cool a little before adding the gelatin. When beginning to set fold in the cocoanut and stiffly-beaten egg whites. Set in a mould.

CREAMED RICE AND PEARS

- | | |
|--------------------|-------------------------|
| 2 tablespoons rice | 1 pint milk |
| 1 tablespoon sugar | $\frac{1}{4}$ cup cream |

Simmer the milk, rice and sugar for 1 hour. Cool and add the whipped cream. Pour into a dish lined with stewed pears.

DESSERT MERINGUES

- | | |
|-----------------------------|-------------|
| 2 stiffly-beaten egg whites | 6 oz. sugar |
|-----------------------------|-------------|

Fold the sugar into whites. Make bigger meringues than usual. Bake at 300°, both switches "off" for some hours. Put together with sweetened whipped cream and nuts and serve each on a ring of pineapple.

JELLIED PRUNES

- | | |
|--------------------------|-------------------------------|
| $\frac{1}{3}$ lb. prunes | 2 cups water |
| $\frac{1}{2}$ cup sugar | 2 level dessertspoons gelatin |

Soak and cook prunes in the water. Drain and stone the prunes. Make the juice up to 2 cups with water. Add the sugar and gelatin. Cool. Add the prunes and 1 teaspoon of lemon juice. Leave to set in a mould.

LEMON JELLY

- | | |
|--------------|-------------------------------|
| 1 pint water | 2 level dessertspoons gelatin |
| 1 cup sugar | juice of 2 lemons |

Heat the water, sugar and gelatin until they are dissolved. Cool and add the lemon. Set in a mould.



LEMON CHIFFON PIE

- | | |
|-------------------------|-------------------------------|
| 3 eggs | $\frac{1}{4}$ cup lemon juice |
| 2 tablespoons water | 1 level dessertspoon gelatin |
| $\frac{2}{3}$ cup sugar | grated lemon rind |

Line a plate with pastry, prick well, bake at 475° and cool. Make a custard in a double boiler with egg yolks, water and $\frac{1}{3}$ cup sugar. Add the gelatin. Cool. Add the lemon juice and a little rind and the egg whites beaten stiffly with $\frac{1}{3}$ cup sugar. Pour into the pastry case and leave to set. Decorate with whipped cream.

LEMON SNOW

- | | |
|-------------------------|--------------------------|
| 1 pint water | 2 tablespoons cornflour |
| 2 eggs | 1 level teaspoon gelatin |
| $\frac{3}{4}$ cup sugar | 1 lemon (juice) |

Make a sauce with cornflour, sugar and water. Boil 3 minutes. Add the yolks and gelatin. Reheat. Fold into the stiffly-beaten egg whites and lemon. Set in a dish. Serve cold.

NORWEGIAN TRIFLE

- | | |
|-------------------------|-------------------------------|
| 2 cups water | 2 level dessertspoons gelatin |
| $\frac{1}{2}$ cup sugar | juice of 1 lemon |
| 2 eggs | |

Dissolve the gelatin in boiling water. Pour onto the yolks, sugar and lemon beaten until light. Fold in the stiffly-beaten egg whites. Set in a mould.

STRAWBERRY BAVARIAN CREAM

- | | |
|-------------------------------------|-------------------------------|
| $1\frac{1}{2}$ cups cream | $\frac{1}{2}$ cup fruit juice |
| $1\frac{1}{2}$ cups crushed berries | 2 level dessertspoons gelatin |
| $\frac{1}{4}$ cup water | $\frac{1}{2}$ cup sugar |

Soak the gelatin in the water and add to the hot juice (hot water can be used). Add the sugar using more if necessary. When it begins to set fold in the fruit and whipped cream. Set in a mould. Serve with cream and berries.

APRICOT MOULD

- | | |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ pint apricot pulp | 1 cup milk |
| 1 packet jelly crystals | 1 level tablespoon sugar |
| 1 egg | |

Sieve stewed apricots with a little of the juice. Add the jelly crystals and heat to dissolve them. Make a custard with the egg, milk and sugar. When both mixtures cool, stir together and set in a mould.



REFRIGERATOR RECIPES

General directions on using a refrigerator:—

1. Cover all dairy products.
2. Place fresh fish in the tray under the unit.
3. Store fresh greens in the covered box.
4. Do not store bananas in the refrigerator.
5. It is not necessary to wrap cooked or raw meat. Once the cooked meat is carved, cover the cut surface to prevent drying.
6. Defrost when the unit becomes coated with ice.
7. Cool hot foods before placing in the cabinet.
8. Do not use soap when cleaning the cabinet.

Ice Cream Making

1. Halve the amount given when using cream substitute in place of cream.
2. Do not beat the cream too much as the whey may separate from the fat and form crystals.
3. Too thin a mixture will often form crystals in freezing.
4. A richer mixture takes longer to freeze than a plainer mixture.
5. For a rich ice cream, set to "full freeze" for 1-1½ hours. Remove from the trays and beat. Return to the unit and leave at "full freeze" until the right consistency. Set to "normal" until needed.
6. For a plain ice cream, set to "full freeze" for 1-1½ hours. Beat and return to the unit and leave at "half freeze" until it reaches the right consistency. Set to "normal" until needed.

CHOCOLATE ICE CREAM

- | | |
|---------------------------|--------------------|
| 2 level tablespoons cocoa | 1 tablespoon water |
| 4 level tablespoons sugar | 2 eggs |
| $\frac{3}{4}$ cup cream | 1 teaspoon vanilla |

Heat the water, cocoa and half the sugar. Cool. Beat the egg whites stiffly with the remainder of the sugar. Fold in the yolks, whipped cream, flavouring and cocoa mixture. Freeze.

CREAMLESS ICE CREAM

- | | |
|--------------------------------|----------------------------------|
| 1 tin sweetened condensed milk | 1 tin unsweetened condensed milk |
| $1\frac{1}{4}$ cups milk | essence vanilla |

Mix all together. Freeze at "full" for 1 hour. Turn into a basin and mix thoroughly. Return to freezer until firm. Set to "normal" until needed.





APRICOT SHERBET

- | | |
|----------------------------|--------------|
| 1½ cups apricot juice | ½ cup cream |
| 1 cup apricot pulp | 2 egg whites |
| ¼ cup sugar | salt |
| 1½ tablespoons lemon juice | |

Drain the apricots stewed with the sugar. Mash or sieve the fruit. Mix the fruit and juice together again adding more sugar if necessary. Freeze till firm. Remove from the trays and beat until light. Add the lemon and fold in the whipped cream and stiffly-beaten egg whites. Freeze.

BANANA MOUSSE

- | | |
|-------------------|---------------------------|
| 1 egg | 3 level tablespoons sugar |
| 1 cup milk | 1 level tablespoon flour |
| 1 cup banana pulp | 1 teaspoon vanilla |
| 1 cup cream | salt |

Gradually add the milk to the flour. When smooth add the sugar and beaten egg. Boil 5 minutes. Cool and add the pulp and whipped cream. Freeze.

HAM DELICACY

- | | |
|---------------------|-------------------------------|
| 2 cups minced ham | 2 level dessertspoons gelatin |
| 1 cup hot water | 4 tablespoons salad dressing |
| 1 cup whipped cream | 1 teaspoon horseradish |
| 1 gherkin (chopped) | salt |

Dissolve the gelatin in the water. Cool and add the other ingredients. Fold in the cream last. Pour into a mould and set in the cabinet. Serve on lettuce.

ICE CREAM

- | | |
|-------------|------------------------------|
| ¼ cup water | 4 oz. sugar |
| 2 cups milk | 1 teaspoon vanilla |
| 1 cup cream | 1 level dessertspoon gelatin |

Dissolve the gelatin in the hot water. Add the sugar and stir until dissolved. Cool and add the milk. When it begins to set, fold in the whipped cream and vanilla. Freeze.

LEMON WATER ICE

- | | |
|--------------|------------------------------|
| 4 oz. sugar | 1 level dessertspoon gelatin |
| 1 egg white | ½ cup lemon juice |
| ½ pint water | |

Heat the water, sugar and pared lemon rind. Boil for 5 minutes. Remove the peel and add the gelatin. When dissolved and cool add the lemon juice. Freeze to a mush. Beat quickly, fold in the stiffly-beaten egg white and freeze.

**REFRIGERATOR
RECIPES**



INVALID COOKERY



Serve the meals on a light tray set with a clean cloth and dainty china. A flower on the tray is pleasing. The amount served should not be more than the patient can eat. A second serving can always be given.

Tempt the appetite with attractive, as well as nourishing food.

Never serve any food known to disagree with the patient.

Avoid highly-seasoned and twice-cooked foods.

Follow the doctor's orders with regard to diet.

BARLEY WATER

2 oz. barley

$\frac{1}{2}$ lemon

1 quart water

sugar to taste

Pour boiling water over the barley. Stir and drain. Add the water. Bring slowly to the boil. Simmer for 2 hours with the lemon rind. Drain. Add the juice and sugar. Serve cold.

BOILED EGG

Place egg carefully in boiling water to more than cover. Place the lid on the pan and remove from the hotplate. Leave for 8-12 minutes for a soft egg and 40-45 minutes for a hard egg.

CREAMED BRAINS

Remove the fibre from the brains. Steam until cooked. Cover with parsley sauce. Serve with toast.

CUSTARD

2 eggs

sugar

$1\frac{1}{2}$ cups milk

salt

Beat the yolks with the milk. Heat in a double boiler. When it thickens a little, sweeten to taste. Pour onto the stiffly beaten egg whites and return to the pan to reheat.

EGG FLIP

1 egg

2 level teaspoons sugar

$\frac{1}{2}$ cup milk

2 teaspoons brandy or sherry or

salt

2 drops vanilla

Beat the egg white stiffly. Beat in the yolk and then the warm milk. Add the flavouring.



FISH SOUFFLÉ

- | | |
|-----------------------------|--------------------|
| 1 level dessertspoon flour | 2 tablespoons milk |
| 1 level dessertspoon butter | 1 egg |

Make a sauce with the butter, flour and milk. Add the egg yolk and 1½ oz. flaked, cooked fish or minced, raw fish. Season and fold in the stiffly-beaten egg white. Steam in a covered basin for ¾ hour.

MILK JELLY

- | | |
|-------------|-------------------------------|
| 1 pint milk | 2 level dessertspoons gelatin |
| 2 oz. sugar | ¼ cup water |

Dissolve the gelatin in the hot water. Add to the milk just hot enough to dissolve the gelatin. Set in a mould.

STEAMED WHITEBAIT

Put the cleaned whitebait on a plate with seasoning, a flake of butter and a teaspoon of cream. Cover and stand over a pan of boiling water until cooked. Slip onto a hot plate. Decorate with a sprig of parsley.

APPLE WATER

- | | |
|---------------|----------------|
| 3 or 4 apples | sugar to taste |
| 1 quart water | lemon rind |

Slice the apples thinly without peeling. Boil with the water and sugar until soft. Add a little lemon rind if liked. Strain through muslin. Serve cold. Under sweeten rather than oversweeten.

CUP CUSTARD

- | | |
|------------------|-------------|
| 1 egg | ¼ pint milk |
| 1 teaspoon sugar | |

Beat the eggs and sugar. Add the milk and put in a buttered cup. Cover with paper and stand in a pan of hot water. Keep the water below boiling point until the custard sets—about 30 minutes.

ARROWROOT

- | | |
|--------------------------|----------------|
| ½ pint milk | sugar to taste |
| 1 dessertspoon arrowroot | |

Mix the arrowroot with a little cold water. Add the boiling milk, stirring. Put back into the pan and boil about 3 minutes.

EGG FOAM

Beat an egg white stiffly with a pinch of salt. Pile into a small bowl. Slip the yolk in the centre and cover over with the white. Stand in a pot of boiling water until set. Serve with salt and pepper.

**INVALID
COOKERY**



ICINGS & SWEET SAUCES



ALMOND FILLING

- 1 egg
- 2 oz. sugar
- 2 oz. ground almonds
- 1 tablespoon sweetened condensed milk

Beat the eggs and sugar together. Add the other ingredients and cook in a double boiler until thick.

ALMOND PASTE

- | | |
|-------------------------------|----------------------------------|
| $\frac{1}{2}$ lb. icing sugar | $\frac{1}{2}$ lb. ground almonds |
| 1 egg yolk | essence almond |

Mix altogether and knead until smooth. Roll out, brush with egg white or jam and press onto the cake.

CARAMEL SAUCE

- | | |
|---------------------------|-------------------------------|
| $1\frac{1}{4}$ cups sugar | 2 level tablespoons cornflour |
| $2\frac{1}{4}$ cups water | 1 level tablespoon butter |

Melt the sugar in an iron saucepan and boil until brown. Add the water and stir to melt the syrup. Thicken with a paste made with the cornflour and cold water. Add vanilla.

DATE FILLING

- | | |
|-------------------------|-------------------------|
| $\frac{1}{2}$ lb. dates | $\frac{1}{2}$ cup sugar |
| $\frac{3}{4}$ cup water | 1 lemon |

Bring the dates, water and sugar just to the boil. Stir to a mush and cool. Add the grated lemon rind and juice.

FUDGE ICING

- | | |
|------------------------|--------------------------|
| 2 cups sugar | 1 tablespoon cocoa |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ oz. butter |

Cook altogether to the soft-ball stage. Cool a little before beating until thick and creamy. Add vanilla and spread on the cake.

GINGER ICING

- | | |
|--------------------------------------|-------------------------|
| 4 oz. icing sugar | 1 oz. butter |
| $\frac{1}{2}$ teaspoon ground ginger | 1 teaspoon golden syrup |

Melt the butter and syrup. Add the sugar and ginger and spread on the biscuit while hot.



FRUIT MEDLEY

- | | |
|------------------------|-------------------------|
| 2 cups sugar | $\frac{1}{2}$ cup dates |
| $\frac{1}{2}$ cup milk | 1 cup raisins |
| 1 cup nuts | salt |

Boil the sugar and milk to the soft-ball stage (see Candies). Add the chopped fruit and beat until thick and creamy.

HARD SAUCE

- | | |
|--------------|----------------------|
| 2 oz. butter | 2 tablespoons brandy |
| 2 oz. sugar | |

Cream the butter and sugar until light. Gradually beat in the brandy. Serve with Christmas Pudding.

JAM SAUCE

- | | |
|--------------------------|-------------------|
| $\frac{1}{2}$ pint water | 2 tablespoons jam |
| 1 oz. sugar | lemon juice |

Bring the water, sugar and jam to the boiling point. Thicken with cornflour paste. Add a little lemon juice and serve with steamed pudding.

JELLY FILLING

- | | |
|----------------------------------|----------------------------------------------|
| 1 pkt. jelly crystals | $\frac{1}{2}$ cup unsweetened condensed milk |
| $\frac{3}{4}$ pint boiling water | |

Stir the crystals in the water until dissolved. Cool and add the milk. Beat until it thickens.

LEMON SAUCE

- | | |
|--------------|------------------------------|
| 1 pint water | 2 lemons |
| 2 oz. sugar | 1 level tablespoon cornflour |

Boil the sugar, water and pared rind. Remove the rind and thicken with cornflour paste. Add lemon juice before serving.

MARSHMALLOW FILLING

- | | |
|-------------------------------|---------------------------------|
| 1 egg white | 2 level teaspoons gelatin |
| $\frac{1}{4}$ cup lemon juice | $\frac{1}{4}$ cup boiling water |
| $\frac{1}{2}$ cup sugar | |

Dissolve the gelatin in the water. Add the lemon and sugar. Cool. Add to the stiffly-beaten egg white and beat until it thickens.

SEVEN MINUTE FROSTING

- | | |
|---------------------|--------------------------|
| 1 egg white | 1 tablespoon lemon juice |
| 2 tablespoons water | 1 cup sugar |

Beat the egg white stiffly with a pinch of salt. Add the other ingredients, stand the basin over a pan of boiling water for 7 minutes, beating all the time.

**ICINGS
AND SWEET SAUCES**



ATLAS COOKING

MINCEMEAT

- | | |
|----------------------------|---------------------------------------|
| $\frac{1}{4}$ lb. suet | 1 oz. peel |
| $\frac{1}{2}$ lb. apples | $\frac{1}{4}$ lb. sugar |
| $\frac{1}{2}$ lb. currants | 1 level teaspoon spice |
| $\frac{1}{4}$ lb. raisins | $\frac{1}{2}$ level teaspoon cinnamon |

Peel and core the apples. Mince with the other fruit. Add the grated suet, sugar and spices, and 1 tablespoon brandy. This makes $\frac{3}{4}$ quart jar. Cook in pies and tarts.

NUT FILLING

- | | |
|---------------------------|------------------------|
| 1 cup minced nuts | 1 cup rolled biscuits |
| 2 level tablespoons sugar | 1 cup ground macaroons |

Mix together and moisten with milk or cream.

SOFT ICING

- | | |
|---------------------|-------------------|
| 4 oz. vegetable fat | 8 oz. icing sugar |
| 1 egg | flavouring |

Soften the fat. Drop in the raw egg and beat. Gradually beat in the sugar and flavouring. This keeps very well and can be used as a biscuit filling for sending overseas.

WHITE MOUNTAIN ICING

- | | |
|-------------------------------|-------------------------|
| $\frac{1}{2}$ cup white sugar | $\frac{1}{3}$ cup water |
| $\frac{1}{2}$ cup brown sugar | salt |

Boil until a long thread of syrup floats from the spoon when held up. Pour slowly onto 1 stiffly-beaten egg white beating continually. When it will hold its shape spread thickly onto the cake immediately.

CANDIES

General Directions

1. Use a pan large enough to allow room for the syrup to boil up.
2. Stir until the syrup boils.
3. Stir occasionally when boiling to prevent sticking.
4. When no thermometer is available test for cooked stage by dropping in a little cold water. When a soft ball can be formed between finger and thumb, the fudge is ready. When a harder set is required, leave until a firm ball is formed. Toffees require a still harder set. The syrup is ready when a small amount dropped into cold water sets immediately (brittle) or when it sets in a thread and cracks (crack stage).



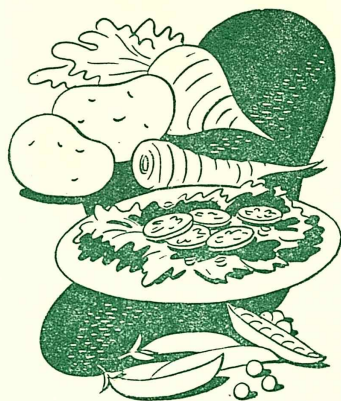


WALNUT TOFFEE

- | | |
|----------------------|-------------------------|
| 2 cups sugar | $\frac{3}{4}$ cup water |
| 1 tablespoon vinegar | 1 tablespoon butter |

Boil without stirring until a little dropped into cold water snaps. Pour over walnuts spread in a buttered tin.

VEGETABLES, SALADS & DRESSINGS



To Cook Vegetables

1. Scrub root vegetables, peeling only if necessary.
2. Wash greens and shred just prior to cooking.
3. Never soak vegetables.
4. Place in a little boiling salted water.
5. Cook with the lid on, until just tender.
6. Drain and serve at once.
7. Always use the vegetable water for soups, stews and gravies.

Salads

1. Wash and dry the salad greens (lettuce, heart of cabbage, endive, mint, parsley, mustard, cress, young celery tops, etc.)
2. Leave in a cool place to crisp.
3. If any of the greens are to be shredded, do so just prior to serving.
4. Serve with a well-seasoned dressing.
5. Prepared greens keep fresh and crisp in an enamel saucepan with the lid on firmly.

ASPIC JELLY

- | | |
|-------------------------------|-----------------------|
| 2 cups water | 3 tablespoons vinegar |
| 2 level dessertspoons gelatin | parsley |
| 1 slice of onion | salt |

Bring to the boil. Stand till cool. Strain and pour over any cold vegetables in a mould. When set serve on lettuce.

COTTAGE CHEESE

Heat 1 quart of sour milk to 100° F. Put into a cheese cloth and leave to drain. Season the curds well. Serve on lettuce mixed with chives or parsley.



BEETROOT AND CELERY SALAD

Cook the beetroot. When cold cut in cubes. Add some finely-chopped raw celery. Toss with salad dressing and serve with lettuce.

CUCUMBER CUPS

Cut cucumber into 1 in. slices. Hollow out and fill with any savoury mixture. Crayfish mixed with salad dressing is good. Serve with lettuce.

HOT POTATO SALAD

Cook potatoes. Slice into a basin. Add dressing and chopped chives. Season well and serve still hot on lettuce leaves. New potatoes are better than old ones.

MINT JELLY

- | | |
|--------------------|-------------------------------|
| 1½ cups water | ½ cup sugar |
| ¾ cup chopped mint | ½ cup vinegar |
| salt | 2 level dessertspoons gelatin |

Dissolved the gelatin in the hot water. Add the other ingredients and leave to set, stirring occasionally to keep the mint through the jelly. Serve with cold lamb and salad.

BOILED SALAD DRESSING

- | | |
|-------------------------------|---------------------|
| 2 level teaspoons salt | 2 eggs |
| 4 level tablespoons sugar | ½ cup vinegar |
| 1 level dessertspoon mustard | ½ cup milk |
| 2 level tablespoons cornflour | 1 tablespoon butter |

Mix the dry ingredients. Gradually add the liquids and beaten eggs. Boil 3 minutes. Thin as required with milk and vinegar.

EASY SALAD DRESSING

- | | |
|-----------------------|--------------------------|
| 1 egg | 3 tablespoons water |
| 2 tablespoons vinegar | 1 level tablespoon sugar |
| ½ tablespoon butter | salt, pepper and mustard |

Beat the egg and add to other ingredients. Cook over boiling water until thick.

HARVARD BEETS

Peel the beetroot and cut in cubes. Barely cover with water and cook until tender (20-30 minutes). To 2 cups vegetable mixture add 2 tablespoons vinegar and 2 dessertspoons sugar. Thicken with cornflour paste. Serve the vegetables in the juice.

OIL DRESSING

- | | |
|-----------|--------------------|
| 1 egg | ¼ cup vinegar |
| ½ cup oil | 1 teaspoon mustard |

Beat the egg, mustard, salt and pepper. Gradually add the oil and vinegar alternately, beating all the time. Lastly add 1 dessertspoon boiling water. Beat thoroughly.

**VEGETABLES, SALADS,
AND DRESSINGS**



BEVERAGES

APPLE BARLEY WATER

- 2 oz. barley
- 2½ quarts water
- 1-2 lemons
- 2 cooking apples
- ½ cup sugar
- pinch of salt

Simmer water, barley and apples, including peel and cores, for 2 hours. Strain and add sugar. When cold add lemon juice.



CHOCOLATE SYRUP

- | | |
|------------------------|-------------------------|
| 1½ pints water | 2 tablespoons cornflour |
| 1½ cups sugar | 1 teaspoon vanilla |
| 4 oz. grated chocolate | |

Bring sugar and water to the boil. Thicken with cornflour. Add chocolate and stir till melted. Use 1-2 tablespoons to a glass of hot or cold milk.

COFFEE FOR 60-70

- | | |
|----------------|-----------------|
| 1 lb. coffee | 7½ quarts water |
| 7½ quarts milk | |

Put coffee in a muslin bag. Stand in water for an hour. Slowly bring to the boil. Barely simmer for 5 minutes. Remove bag and add heated milk.

BLACKCURRANT SYRUP

- | | |
|---------------------|---------------------|
| 2 lb. blackcurrants | 1 oz. citric acid |
| 1¾ lb. sugar | 1½ large cups water |

Dissolve acid in water and pour over bruised fruit. Stand 24 hours. Strain and add sugar. Stir on the hotplate till sugar is dissolved. Do not boil. Bottle. Use 1 tablespoon of syrup to each glass of water, hot or cold.

LEMON SYRUP

- | | |
|---------------------|--------------------------|
| 2 oz. citric acid | 2 oz. Epsom Salts |
| 1 oz. tartaric acid | 4 lb. sugar |
| 8 large cups water | 6 lemons, rind and juice |

Pour boiling water over dry ingredients. Stir till dissolved. Add lemon juice and grated rind. Bottle. Use 1-2 tablespoons to a glass of water.



MINT JULEP

5 lemons	$\frac{1}{2}$ cup water
1 bunch mint	3 pints ginger ale
$1\frac{1}{2}$ cups sugar	ice

Stand the lemon juice, sugar water and crushed mint for $\frac{1}{2}$ hour. Strain. Add ice and ginger ale. Serve with slices of lemon and sprigs of mint.

ORANGE DRINK

2 oranges	3 lb. sugar
1 lemon	1 quart water
1 oz. tartaric acid	

Put fruit, including peel, through a mincer. Cover with sugar and add water boiling. Stand for 24–36 hours. Add acid. Strain and bottle.

RASPBERRY SYRUP

3 quarts raspberries	2 lb. sugar
4 lemons	

Mash raspberries and sugar. Slowly bring to the boil. Boil 10 minutes. Add lemon juice. Stand overnight. Strain and bring to the boil. Bottle.

SUMMER DRINK

2 pkts. raisins	1 lb. sugar
2 lemons	16 pints cold water

Grate rind and add with the juice to the other ingredients. Stir every day for a week. Strain and bottle.

TEA PUNCH

1 cup hot tea	$\frac{1}{3}$ cup lemon juice
$\frac{1}{2}$ cup sugar	1 pint ginger ale
$\frac{3}{4}$ cup orange juice	1 pint soda water

Pour tea over the sugar to dissolve. When cold add the rest. Serve with ice, mint leaves and slices of orange and lemon.

LIME JUICE

2 cups ships' lime juice	3 cups sugar
$1\frac{1}{2}$ pints boiling water	

Pour the water over the sugar and stir until dissolved. Cool and add the lime juice. Bottle. Use 1 tablespoon to 1 glass of water.

BEVERAGES



JAMS & PICKLES

General Directions

1. In the first stage of jam making the fruit is boiled to a pulp with water. During this stage, stir frequently to prevent burning.
2. After adding the sugar, stir until the jam boils.
3. Boil quickly for the required time. Stir occasionally.
4. Do not skim off the froth. This should be stirred in as it helps to set the jam.
5. When a small amount of jam on a saucer sets, remove from the hotplate.
6. Cool a little before pouring into hot jars. The fruit should then be evenly spread through the jam.
7. Cover with cellophane tops or paste brown-paper covers over the tops.



Jelly Making

1. Do not peel or core. Cut the fruit in pieces and boil in water to cover until a mush.
2. Drain through a jelly bag suspended over a basin. Do not squeeze the bag.
3. Add 1 cup of sugar to every cup of fruit juice.
4. Stir until it boils.
5. Skim off the froth from time to time as this clouds the jelly.
6. Boil until a small amount on a saucer will jelly.
7. Pour into hot jars and cover as for jam.

Pickles and Chutneys

Prepare and cook as directed. Store in jars or bottles. Tie paper caps over the jars. Do not cover with metal screw tops.

APPLE CHUTNEY

- | | |
|---------------------------------------|------------------------------|
| $\frac{1}{4}$ lb. onions | 2 lb. sugar |
| 3 oz. salt | $1\frac{1}{2}$ pints vinegar |
| $\frac{1}{2}$ oz. ground ginger | $\frac{1}{2}$ oz. spice |
| $\frac{1}{2}$ teaspoon cayenne pepper | 2 lb. green apples |

Peel and slice the apples and onions. Boil in the vinegar until soft. Cool and add the other ingredients. Green gooseberries may be used in place of apples. Store in glass jars. Tie paper covers over the top.



APRICOT OR PLUM OR PEACH JAM

3 lb. fruit (prepared) 4 lb. sugar
3 cups water

Peel, halve and stone the peaches. Halve and stone the apricots. Cook the plums whole. Boil the fruit with the water until cooked. Add the sugar and boil fast for approximately 20 minutes.

BLACK-CURRENT JAM

1 lb. black-currants 1 pint water
1½ lb. sugar

Remove any leaves and withered fruit. There is no need to take the stems out. Boil the fruit and water until soft. Put through a coarse sieve. Add the sugar and boil quickly for 20-30 minutes.

CASHMERE CHUTNEY

2 lb. sugar ½ oz. garlic
1 lb. raisins 2 oz. salt
1 lb. dates ½ oz. red pepper
4 oz. preserved ginger 2 lb. green tomatoes or apples

Peel the apples and onions. Chop all the fruit finely and add the seasonings. Cover with vinegar and boil until soft and dark. Approximately 1 hour.

DRIED APRICOT JAM

3 lb. apricots 18 cups water
10½ lb. sugar

Wash the fruit well. Add the water and soak for 3 or 4 days. Boil for ½ hour. Add the sugar and boil ¾ hour.

FRUIT CHUTNEY

4 lb. apples or pears ½ lb. raisins
1 lb. figs ½ lb. preserved ginger
3 lb. sugar 6 onions
3 pints vinegar 3 oz. ground ginger
4 oz. salt 2 oz. mustard

Peel the apples, pears and onions. Core the apples and pears. Cut all the fruit small. Add the sugar, spices and vinegar. Boil ½ hour.

FRUIT SALAD JAM

3 lb. apricots 5 lb. sugar
2 oranges 1 large tin pineapple
2 lemons

Grate or mince the orange and lemon skins. Cut the apricots small and add with the orange and lemon skins and juice to the pineapple and ½ the pineapple juice. Boil for 20 minutes. Add the sugar and boil 20 minutes.

**JAMS
AND PICKLES**



GREEN TOMATO PICKLE

- | | |
|---------------------------|-------------------------------|
| 6 lb. green tomatoes | 2 level tablespoons curry |
| 2 lb. onions | 2 oz. salt |
| 2 lb. sugar | 6 chillies |
| 4 level tablespoons flour | 2 level dessertspoons mustard |

Peel the onions. Chop the onions and tomatoes small. Sprinkle with salt and stand overnight. Pour the brine away. Place the vegetables in a pan and barely cover with vinegar. Mix the mustard and curry to a paste with some of the vinegar and add with the sugar and chillies to the vegetables. Boil for $\frac{1}{2}$ hour. Make a paste with the flour and water and stir into the pickle. Boil 10 minutes.

MARMALADE

- | | |
|---------------------|---------------|
| 6 oranges (Poorman) | 6 pints water |
| 1 lemon | 7 lb. sugar |

Slice the fruit thinly. Cover with boiling water and stand overnight. Put into a pan and boil until soft (approximately $1\frac{1}{2}$ hours). Add the sugar and boil quickly for $\frac{1}{2}$ hour.

PICKLED ONIONS

Peel pickling onions or shallots. Cover with a boiling brine in the proportion of 10 oz. salt to 2 quarts water. Stand for 24 hours. Pour off the brine and pack the onions in jars or crocks. Cover with a boiling pickle in the proportion of 1 lb. brown sugar to $1\frac{1}{2}$ pints vinegar, 1 teaspoon peppercorns and 3 chillies. As the pickle sinks add more to cover the onions. Leave for 6 weeks before using.

PLUM AND RASPBERRY JAM

- | | |
|-----------------|--------------|
| 6 lb. red plums | 2 cups water |
|-----------------|--------------|

Boil the plums and water until soft. Put through a colander. To every cup of pulp add 1 cup sugar. Bring to the boil again. Add 3 lb. raspberries and 6 cups sugar. Boil for 20 minutes.

PLUM SAUCE

- | | |
|--------------------------|----------------------------|
| 6 lb. plums | 6 level dessertspoons salt |
| 3 lb. sugar | 3 oz. whole ginger |
| $\frac{1}{2}$ lb. onions | 1 oz. ground cloves |
| 3 pints vinegar | 1 teaspoon cayenne pepper |

Peel and slice the onions. Add the plums, bruised ginger and seasonings. Boil in the vinegar until cooked. Strain and bottle. Seal with a new cork dipped in melted paraffin wax.

RASPBERRY JAM

- | | |
|-------------------|-------------|
| 6 lb. raspberries | 9 lb. sugar |
| 3 pints water | |

Boil the fruit and water for 15 minutes. Add the sugar and boil quickly for 15 minutes.



PEACH AND PINEAPPLE JAM

3 lb. peaches 1 small pineapple
2 cups water 4 lb. sugar

Peel, stone and cut the peaches. Peel, core and dice the pineapple. Boil both with the water until cooked. Add the sugar and boil for 20 minutes.

RHUBARB AND BANANA JAM

4 lb. rhubarb 6 lb. sugar
2 lb. bananas 1 cup water

Peel and slice the bananas and chop the rhubarb. Boil with the water until soft. Add the sugar and boil for 20-30 minutes.

ROSE HIP SYRUP

Top and tail 5 lb. hips. Add 3 pints water and boil $\frac{3}{4}$ hour. Squeeze through a jelly bag. Put the residue back into the pan with 2 pints boiling water. Boil for 10 minutes. Squeeze through the jelly bag again. Boil the residue a third time with 2 pints boiling water for 10 minutes. Squeeze through the bag. Mix the 3 lots of liquid and allow to drain through a fresh jelly bag without squeezing. To every pint of liquid add $\frac{3}{4}$ lb. sugar. Boil for 3 minutes. Pour into small sterilized bottles and insert sterilized corks. When cold dip the cork and head of the bottle in wax.

SATSUMA PLUM JAM

Wipe the fruit. Cover with water and boil until a mush. Put through a colander to remove stones and skins. Add 1 cup of sugar to each cup of pulp. Boil for $\frac{1}{2}$ hour.

STRAWBERRY JAM

3 lb. strawberries 2 lemons
3 lb. sugar

Sprinkle the sugar over the berries and stand overnight. Drain the syrup off and boil fast for 5 minutes with the lemon juice. Add the berries and boil for 10 minutes.

TOMATO SAUCE

12 lb. tomatoes 6 cloves
12 oz. sugar 1 large apple
6 oz. salt $\frac{1}{2}$ oz. cayenne pepper
1 quart vinegar $\frac{1}{2}$ lb. onions

Peel the onions but not the tomatoes or apple. Slice the fruit. Boil all the ingredients for 2 hours. Strain and bottle. Seal with corks and dip the cork and head of bottle in wax.



BOTTLING FRUIT

Fruit is preserved in the plentiful season to add variety and food value to the menu during the winter months.

Select well-grown, ripe but firm fruit. Wash, peel or otherwise prepare the fruit, removing bruised or decayed parts. Large fruits are best halved or quartered and stoned or cored as more can then be packed into the jars.



STERILIZATION OF JARS AND LIDS

The jars and lids are sterilized by heating in the oven at 150° for half an hour or they may be placed in cold water to cover, brought to the boil and boiled at least 5 minutes. The rubber rings and the inner lid of the new self-sealing lids are dipped in boiling water for a few minutes.

SELF-SEALING LIDS

These new lids are in two parts, the cover and the inner cap. This cap makes the seal between the ring of rubber-like material and the top of the jar.

When using the self-sealing lids for the cold pack method, observe the following rules:—

1. If the lip of the jar is chipped, do not use.
2. Bring the level of the fruit and syrup to within 1 inch of the top of the jar.
3. Wipe the lip of the jar clear of seeds or pieces of fruit as this may prevent the seal forming.
4. Screw the cover and cap on loosely.
5. Do not have the oven temperature above 250°.
6. When cooked tighten the cover. It need not be as tight as the old rubber and lid. Do not add more syrup.
7. Do not invert or bump when cooling.
8. Twenty-four hours later remove the cover.
9. If the cap is loose, reprocess to make a seal.

Too high a temperature or overfilling the jar, may cause overflowing during processing. The syrup then gets between the cap and cover and it is very difficult to remove the cover. Sometimes the cap is wrenched off with the cover. If left on, the cover will probably corrode badly. Greasing the inside of the cover lid is a good practice.



SYRUP

Boiling water or boiling syrup is used to cover the fruit and the syrup may be:—

- (a) **Medium** $\frac{1}{2}$ cup sugar to 1 cup water
- (b) **Sweet** $\frac{3}{4}$ cup sugar to 1 cup water
- (c) **Heavy** 1 cup sugar to 1 cup water

Boil together for 5 minutes before pouring over the fruit.

Approximately 2 cups of syrup are needed for a quart jar of large fruits and $1\frac{1}{4}$ cups for a quart jar of small fruits.

SHORT CUT SYRUP

To save time and labour when bottling fruit by the cold pack method, add 2-3 tablespoons of sugar to each quart jar of fruit and then add boiling water to within 1 inch of the top of the jar. Process in the usual way.

PRESERVING THE FRUIT

The fruit may be preserved in two ways:—

1. The Open Kettle Method.
2. The Cold Pack Method.

THE OPEN KETTLE

Make a syrup (the medium syrup is a good all-round one) and boil for 5 minutes. Put in some of the fruit and boil till tender but not broken. Ladle with a sterilized spoon into sterilized jars, fill to overflowing with boiling syrup and screw down with a sterilized rubber and lid.

THE COLD PACK

There is no need to sterilize the jars and lids as that is done during the processing.

1. Pack fruit closely in clean jars to within 1 inch of the top.
2. Add boiling water or boiling syrup carefully to within $\frac{1}{2}$ inch of the top.
3. Screw on loosely the rubber rings and lids or the self-sealing lids. The fruit is now ready for processing.

1. In the Oven

Place the jars on the rack low down in a cold oven. Turn the bottom element only to "high". When the temperature reaches 250° turn the switch to "low". Small fruits take another 10 to 15 minutes and large fruits, depending on size and ripeness, another 15 to 20 minutes.

When the fruit begins to rise from the bottom of the jar, remove one jar at a time and tighten the lid. There is no need to add more

**BOTTLING
FRUIT**



syrup. Instead of beginning in a cold oven, the jars may be placed in the oven at 250° with the bottom switch only at "low". The time varies with the fruits from $\frac{3}{4}$ hour to 1 $\frac{1}{4}$ hours. A shallow pan containing a little water may be placed under the jars to catch any overflow of syrup which would otherwise burn on the drip tray.

2. Water Bath

Place cloth, paper, board or a rack in the bottom of a saucepan. Stand the prepared jars in the pan and pour in water at approximately the same heat as the syrup in the jars. After the water in the pan begins to boil, small fruits will need 20 to 30 minutes, large fruits 35 to 40 minutes to finish the processing. Remove from the pan and tighten the lids.

The water bath may be of such a depth that the tops of the jars are 1 to 2 inches below the surface of water. A rack with long handles is necessary to lift the jars from the water. This is the old-fashioned copper method and an excellent one for preserving vegetables.

PRESERVING VEGETABLES

Non-acid vegetables such as peas and asparagus are difficult to preserve and need long processing. The cold-pack method is used but, instead of syrup, allow 2 teaspoons salt to a quart jar and fill with water. Process in the water bath with the jars completely immersed or up to the neck in water and a lid over the boiler. Process for 2 hours. Tighten the lids and stand 24 hours. Then without undoing the lids process for 1 hour more. When using later in the year always boil for 15 minutes before serving.

VARIATIONS

1. Dry Baking

Pack plums, greengages, or tomatoes into clean jars, Piling high above the rim. Stand in the oven at 250° until the skins begin to crack. Remove one jar at a time. Pat smartly to shake the softened fruit below the rim. Fill to overflowing with boiling water or boiling syrup and screw down with a sterilized rubber and lid. Put a little salt with the water when doing tomatoes.

2. Baked Tomatoes

Cut in half across and pile in a baking dish in layers with the cut side up. Sprinkle with a little salt and bake till tender but not broken. Ladle into sterilized jars, add pure tomato juice from the pan to overflowing. Screw down with a sterilized rubber and lid.

3. Pure Black-currents

Fill clean jars with currants, adding 2 to 3 tablespoons of sugar to each quart jar. Stand in the oven at 250° bottom switch only at "low", until the fruit sinks in the jar and makes its own syrup. Use one jar to fill the others to overflowing. Screw down with a sterilized rubber and lid.



JAM PULP

When sugar is not available for jam making, bottle the fruit pulp ready to be made into jam later in the year.

Begin the jam as indicated in the jam recipes, by boiling the fruit and water to a pulp. Instead of adding the sugar then, just put the pulp into sterilized jars to overflowing and screw down with a sterilized rubber and lid. When there is sugar to spare, empty the pulp into a pan and heat, stirring all the time. When boiling, add an equal amount of sugar and continue making the jam in the usual way.

WEIGHTS AND MEASURES

An average measuring cup holds 8 fluid oz.,
whereas $\frac{1}{2}$ pint measure holds 10 fluid oz.

1 level cup	breadcrumbs	-	2 oz.
1 "	" butter	-	8 "
1 "	" cheese grated,		
	dry	-	2 "
	fresh	-	4 "
1 "	" coconut	-	3 "
1 "	" cornflour	-	5 "
1 "	" currants	-	5 "
1 "	" dates	-	5 "
1 "	" flour sifted	-	4 "
1 "	" " unsifted	-	5 "
1 "	" golden syrup	-	12 "
1 "	" oatmeal	-	5 $\frac{1}{2}$ "
1 "	" raisins	-	5 "
1 "	" peel	-	5 "
1 "	" rolled oats	-	2 $\frac{1}{2}$ "

1 level cup	rice	-	7 oz.
1 "	" sugar, brown,		
	loosely packed	-	5 $\frac{1}{2}$ "
1 "	" sugar, brown,		
	tightly packed	-	8 "
1 "	" sugar, white	-	7 "
1 "	" sugar, icing	-	4 $\frac{1}{2}$ "
1 "	" sultanas	-	5 "
1 "	" walnuts,		
	chopped	-	4 "
1 level tablespoon	butter	-	$\frac{1}{2}$ oz.
1 "	" cocoa	-	$\frac{1}{4}$ "
1 "	" gelatine	-	$\frac{1}{3}$ "
1 "	" flour	-	$\frac{1}{4}$ "
1 "	" sugar	-	$\frac{1}{2}$ "

1 level saltspoons	=	$\frac{1}{4}$ level teaspoon.
3 " teaspoons	=	1 " tablespoon.
4 " tablespoons	=	$\frac{1}{4}$ cup.
16 " "	=	1 " dry measure.
12 " "	=	1 " liquid measure.
1 gill	=	$\frac{1}{4}$ pint.
1 average egg in the shell	weighs	2 oz.
$\frac{1}{2}$ cup raw rice	becomes	1 $\frac{1}{4}$ cups boiled rice.

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ALL RECIPES IN THIS COOKERY BOOK
ARE PERSONALLY RECOMMENDED
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YOUR OWN RECIPES

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ATLAS COOKING